

Press release
26 April

New book answers ‘silly questions’ for families

A new book, enabling parents of children with additional needs to access knowledge and wisdom from parents and health professionals, will soon be available.

There’s No Such Thing As A Silly Question is a practical guide for families living with a child with chronic illness, disability, mental illness or a life-threatening condition. It provides valuable insights into what other families have learnt, felt or found helpful in their experience of caring for a child with additional needs.

Michael Gourlay, CEO of the Association for Children with a Disability says the book is a brilliant new resource for families and a testament to what can be achieved when families and professionals work together in partnership. He said: “Unless you’ve ‘been there’ yourself, it is difficult to fully comprehend the emotional turmoil experienced by families who have a child with a disability, chronic illness, mental illness or life-threatening condition. The strength of *There’s No Such Thing As A Silly Question* is that it blends real-life tips from parents with comprehensive information about where to find further help and support.”

The book’s authors are from interACT: a group of parents and health professionals committed to helping parents, caregivers and service providers work together for the benefit of children with additional needs.

Caring for these children presents significant emotional, physical and financial challenges for all family members. The interACT committee set out to develop a friendly, easy to read resource to support families through what may be a very difficult time for them.

Karen, a parent and member of interACT, wished that she’d had access to a resource like this when her child, Hannah, was diagnosed with a life limiting condition. “As parents we learned the hard way to cope with the far reaching effects of our daughter’s condition... often flying by the seat of our pants. It would have been wonderful to have the insight and wisdom of other parents and health professionals who had traveled this road before us, if only to know that what we felt was not unusual.”

Published by Very Special Kids in partnership with the Gandel Charitable Trust, *There’s No Such Thing As a Silly Question* includes sections such as: ‘Where do I begin?’, ‘Going into Hospital’, ‘Who Will Help Us in the Community’, and ‘How to Give Life Balance’. There is also a handy glossary and lists of publications, resources and services in the back of the book.

Colourful illustrations of animals and children, which have been hand drawn especially for the book by design agency The Wizarts, add to the easy to read format.

It is a free publication and will be available from 15 May. It is intended the book will be distributed widely within medical and community support networks.

To obtain a copy of the book,

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