

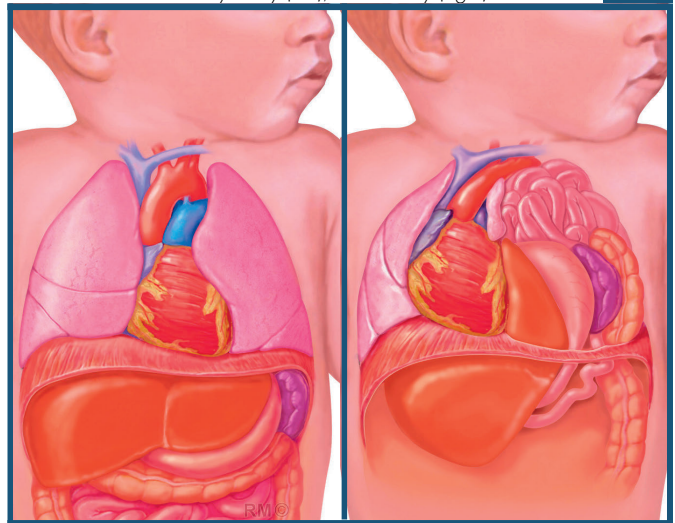
I AM A TINY HERO I HAVE CDH!



Congenital Diaphragmatic Hernia (CDH)

CDH means my diaphragm did not fully develop in mommy's tummy. This incomplete formation, or hole, allowed my tummy organs to move into my chest and prevented my lungs from developing fully. When I was born, I had surgery to repair my diaphragm and move my organs to where they should be, below the diaphragm. I spent a lot of time in the NICU! My lungs are getting better but, sometimes I might need a little help keeping up with my peers.

An inside view: healthy baby (left); CDH baby (right)



Accommodations

Some Tiny Heroes need a few accommodations in school. My parents ask for your help with:

- More nurse visits for medications
- More rest breaks during recess or PE
- An area in class for my oxygen tank
- Extra infection control precautions
- Understanding of my eating struggles
- Other:

Important Signs

Sometimes my CDH can cause lingering issues. Please call my parents if you see me do any of these:

- Retracting (labored breathing)
- Flushed more than other kids
- Lips turning blue
- Other:

Contact Us

Info@TinyHero.org
www.TinyHero.org



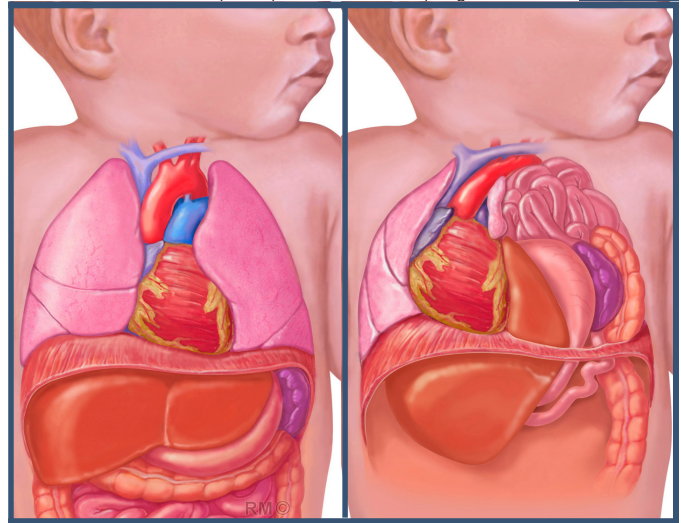
THERE'S A TINY HERO IN YOUR CHILD'S CLASS WHAT DOES THAT MEAN?



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An inside view: healthy baby (left); CDH baby (right)



Please Understand

A cold or the flu can send me back to the hospital or worse. My little lungs cannot handle infections like healthy lungs. Please help keep me safe!



Requests

- Please keep your kids home if they are even slightly sick
- Please ask questions about my condition
- Please treat me like all the other kids
- Please know that I am strong and resilient but a little help from my peers can go a very long way!

Questions? Contact us!

We are happy to help:
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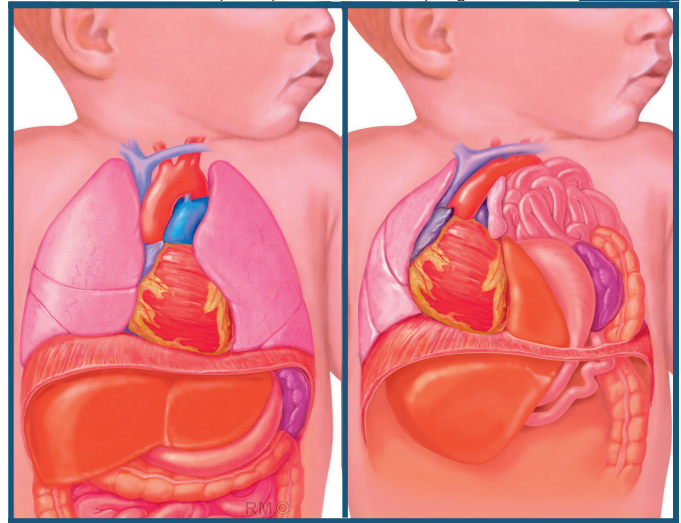
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An inside view: healthy baby (left); CDH baby (right) at birth



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