

Transforming Lives:  
The Adventure of Moving On:  
Transition of Care for Individuals with Cleft and Other  
Craniofacial Differences

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(April 26, 2022)

Tips for Parents

- Begin talking about transition of care when your child is a young teen (12-14 years old). Tell them what transition of care is about and why you are starting to have this conversation with them.
- Your child may be curious about why you are talking about transition of care. Listen to what they have to say. This discussion may extend for a period of years, as they move towards independence.
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- Be open to questions. Be honest if you do not know the answers. Tell your child you will find the answers to these questions. You may want to invite them to work with you to get this information.
- Understand your own concerns about transition of care. Expect that it may not always be easy, and at times, a little stressful. Talk to your team psychologist, social worker, and/or other parents about these concerns. Ask questions. Seek out parent support groups.
- Recognize how your role in your child's care will change. For so long, you've organized and managed their care. You are now evolving into a role of support and guidance. Help your young adult gain the independence they will need.
- Help your young adult understand health insurance.
- Be sure that you and your young adult understand health care rights.