

WHAT EVERY PARENT SHOULD KNOW

Facebook, Twitter, YouTube, blogs and other social media websites make it easy to share things with your friends and family. These sites can be great for telling family and friends about your child's health. Here are a few things to think about before you post updates about your child's health online.

DOCTORS, NURSES AND OTHER HOSPITAL STAFF

Your child's health information is private. It is protected by the law. Our staff wants to help you keep your child's health information private from others by not "friending" or "following" you or your child online.

FAMILY MEMBERS

YOUR CHILD'S VIEW

Your child might feel old enough to use social media on their own. Years from now, your child might wish that they didn't post things about their health online. If your child looks for a job or applies, their health information could be found online by a hiring manager. Also, posting health information online opens an opportunity for others to bully your child.

Learn more about these topics in our online social media guide for patients at CHLA.org/SocialMediaGuide.

YOUR FAMILY'S VIEW

Not everyone uses social media. Make sure you update family and friends that don't.



CONVERSATIONS THAT ARE BEST IN PERSON

PEOPLE AT WORK

If you need to take time away from work to care for your child, your coworkers and supervisors will like for you to tell them in person instead of finding out on Facebook or Twitter.

YOUR CHILD'S TEACHERS

If your child will need help at school, talk with your child's teacher in person at the school. If your child's illness or injury is causing them to miss school, call your child's school directly.

GETTING SUPPORT ON SOCIAL MEDIA

ASK FOR SUPPORT

Your family and friends might use social media to ask you about your child's health. If there are too many people who have questions and you can't respond, ask a family member or friend to make updates for you.

THINK OF WAYS THAT FRIENDS AND FAMILY CAN HELP

They will be more helpful if you tell them how they can help you. Share a list of your needs (family meals, help with your other children, help with paying bills).

PRIVACY

Several web services offer private accounts and a few are listed below. Please remember that, on the web, privacy is never guaranteed. Once something is shared online, even in a private account, friends can copy, paste and share elsewhere. As a result, our advice is **not to post private information online.**

Health Update Pages

[CaringBridge](#) and [CarePages](#) are two sites that let you to make private health blogs.

Create a Free Blog

[WordPress](#), [Tumblr](#) and others let you to make private blogs with password access.

Other Accounts

Both [Facebook](#) and [Twitter](#) offer "private" settings for users.