
What does the Bible say?

We've explained what a stroke is, from looking at our brains. But would you be surprised to hear the Bible has lots to say about strokes too?

FEAR: We have two choices; either trust God and His promises (FAITH) or rely on ourselves (FEAR).

“When I am afraid I put my trust in you”.
(Ps. 56:3)

Trusting God and His promises is called ‘faith’. Faith means that we will trust that God is in control of everything (even our sickness), and that God is good (even when it doesn't look like it).

DAMAGE: When our emotions have been damaged by a stroke we can respond to things differently - like being more selfish, or quicker to anger. We also said it's possible to change how we respond in those situations. It's not bad to be angry - but when we ARE angry, we shouldn't take it out on others...

“In your anger do not sin”
(Eph. 4:26)

THE GOOD NEWS: When we TRUST in Jesus, He deals with our fears (*he died to make us friends with God*), so we know we can trust Him - we don't have to rely on ourselves and so we shouldn't be afraid.

When we trust in Jesus, He gifts us His Holy Spirit, which He calls our teacher (John 14:26) because the Holy Spirit helps us to make better choices.

Still Got Questions?

Family counselling

If you or your family are struggling with the effects of a stroke please come to speak to the Interventions Team at Trinity. We can offer family counselling that will help you all to talk about your hopes and fears for the future and to talk through the experience / trauma of the event itself.



Telephone: 021 007 1960

Email: yolanda@trinitychildren.org.za

Call or email to make an appointment. We are open daily during term-time from 9am to 4pm.

Explaining a stroke to children



It's a difficult time for families and as the grown ups are busy dealing with what happened and what life will look like going forward we can forget that our kids also have questions.

What is a stroke?

We say somebody has had a stroke when blood stops going to parts of that person's brain.

What happens to my brain?

If you look at the picture to the right, you will see that different parts of the brain do different things.

If one part of the brain is damaged it effects our bodies in different ways. So if the red part is hurt (frontal lobe) a person may now limp, or their hand may not be able to grip any more. If the blue part (parietal lobe) is hurt they may start to stutter or speak very slowly.

Sometimes it's not just the things we can see that get hurt. The yellow (temporal lobe) and red (frontal lobe) bits of the brain effect our behaviour and feelings. It may be that your Mom or Dad used to be very patient before the stroke, but now they get angry very quickly.

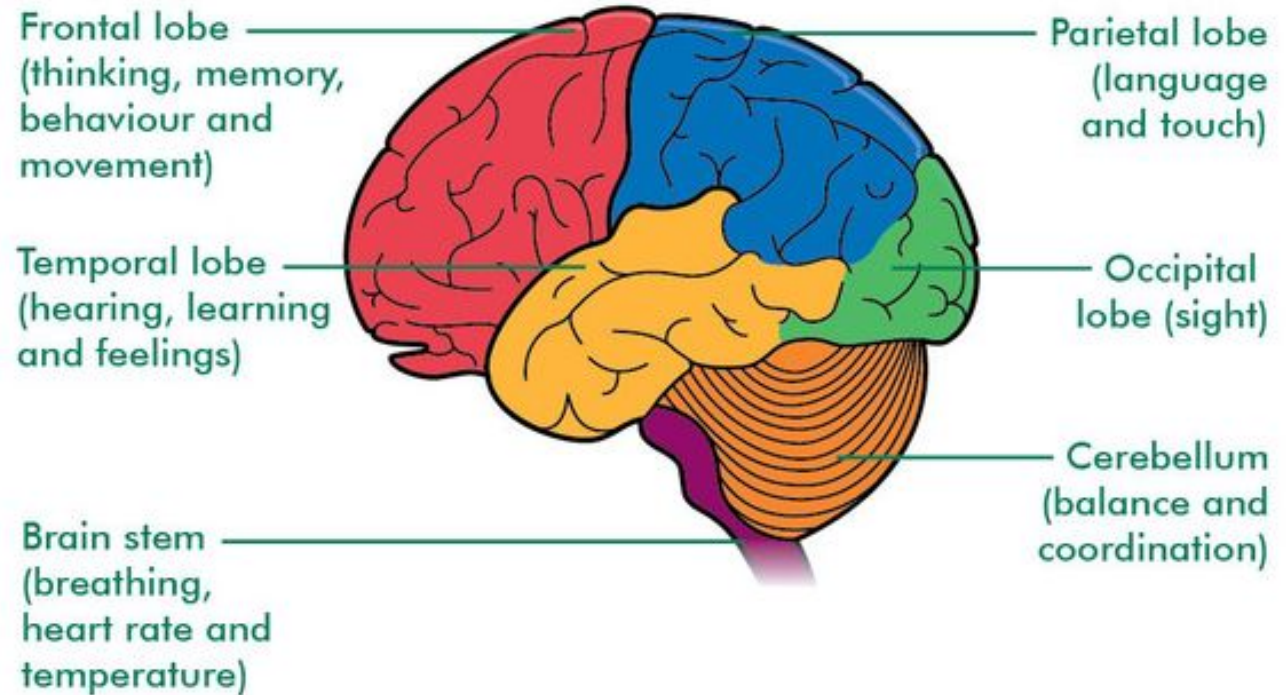
What does this mean for us?

The good news is that with work lots of the damage can be fixed.

People who have had strokes will get help from doctors and therapists to improve their speech and their movement.

We can train our bodies and our brains to get better again. Lots of people are able to return to normal, but for others the damage done is so bad that they will only get a little bit better.

What do our brains do?



What about the stuff we can't see?

It's easy to see that somebody has been affected by a stroke when their face changes, or when they limp, or can't speak properly.... But what about their feelings?

FEAR: It can be scary to have a stroke and the person who has had one may be worried by what happened and they may be scared it will happen again. There are things they can do to make the chance of a second stroke less likely... Talk to your kids about changes you have made to your life to reduce the chance of a second stroke.

DAMAGE: Sometimes the brain is so damaged it can't return back to the way it was. A loving Dad may become very selfish, or a patient Mom very quick to anger... Ask your kids if they can see any changes in you.

GOOD NEWS: When it comes to our emotions we have a choice - we can choose to calm down, we can choose to put the needs of others before ourselves. Just like we train our bodies, we can train our responses to emotions.