1. The word ‘palliate’ is derived from the Latin pallium meaning ‘cloak’ and means to make something less painful or unpleasant.

2. Palliative care is appropriate for all children diagnosed with a life-limiting or life-threatening condition.

3. A life-limiting condition is one where there is no reasonable hope of cure and from which the child will die at some stage. A life-threatening condition is one where a cure is possible but can fail.

4. The best time to begin to offer palliative care is at the time of diagnosis.

5. Providing palliative care should never be seen as ‘giving up’ as its purpose is to enhance the child’s quality of life.

6. There are significant differences between adult and children’s palliative care.

7. Children’s palliative care is provided by a team who work together to relieve the suffering of the child and the child’s family in every way possible.

8. Children are valued members of the care team and are encouraged to take part in making decisions about their own care.

9. While children’s hospices offer palliative care, it is also provided in many other settings, such as hospitals, clinics, and in the child’s own home.

10. Palliative care for children can be provided in places with limited resources.

Find out more at www.icpcn.org