

Transitioning Forward

A Long-Term Support Guide for Families of Children with TGA

This page is not a checklist you need to complete now.

It's a place to return to months or years from today, when you're ready.

Children with TGA grow, thrive, and live full lives. This guide is meant to help families gently navigate the long road ahead, one stage at a time.

Coming Home After Surgery

(For when the hospital chapter begins to close)

Things that may bring peace as you transition home:

- A clear medication plan you understand
- Follow-up appointments scheduled
- Knowing when to call the cardiologist and when not to panic
- Remembering that healing takes time

What I feel most confident about right now:

What still makes me nervous:

The Early Years (Infancy & Toddlerhood)

Your child may:

- See a cardiologist regularly
- Have extra monitoring or tests
- Otherwise act like any other baby or toddler

It's okay if you:

- Feel protective
- Worry during colds or fevers
- Compare your child to others

One thing my child does well right now:

School Years

As your child grows, their heart condition may become:

- A small part of life
- Something only doctors think about regularly
- Something your child may not even mention often

Helpful considerations:

- How much (if anything) to share with teachers
- Supporting your child's independence
- Encouraging confidence, not fear

What I want my child to believe about themselves:

Adolescence & Growing Independence

At this stage, children often:

- Learn more about their heart
- Begin speaking for themselves at appointments
- Think about sports, college, and future goals

This is a transition not just for your child but for you.

One thing I hope my child knows about their strength:

Lifelong Cardiac Care

TGA is a condition that requires lifelong follow-up.

This does **not** mean lifelong limitation.

Many people with TGA:

- Attend school and college
- Work
- Travel
- Build families
- Choose careers in health care, science, art, or anything they dream of

(Like the person who wrote you a letter.)

When I think about the future, I want to remember:

For the Days Fear Sneaks Back In

Try reminding yourself:

- We are not at the beginning anymore
- My child is more than a diagnosis
- I don't have to carry this alone

People or resources I can lean on:

A Note From Dafni

If you ever wonder what this road can look like years from now, remember that I started where your baby is starting now. And I'm still here, growing, learning, and planning my future.