

HIE and Me

Hello! I'd like to share something with you.

My name is

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When I was younger, I had an HIE event. HIE stands for Hypoxic-Ischaemic Encephalopathy. Really big words! It means that my brain went without oxygen for a period of time. Not everyone has heard of HIE. It can happen for different reasons and has lots of different outcomes; some you might be able to see but some you might not. We call ourselves Little HIEros as we're all super amazing!

There's information about HIE on this website: www.peeps-hie.org and you can contact them too, if you have any questions.

A hard thing about HIE is that no-one knows exactly what the future might look like, and sometimes it can be difficult for my grown-up(s) to talk about my HIE event. I probably spent some time in hospital. It's part of my story which is why it's important you know about it.



A little bit more about HIE and me.

My HIE Journey:

Things you might need to look out for:

People who help me along the way:

What I like:

What I don't like:

My super power: