

# SUPPORTING A YOUNG PERSON WITH CMN

## WHY HAVE I BEEN GIVEN THIS?

You have been given this sheet because you are or will be supporting a young person with Congenital Melanocytic Naevi, more commonly known as CMN.

## WHAT IS CMN?

CMN is a birthmark condition and a visible difference. Young people with CMN have birthmark(s) on their body or face which can range in size, colour, frequency, and placement. Some people with CMN have many small birthmarks, or they may have a 'giant' CMN, which can cover a large proportion of the body, or they may have a mixture of both. Almost every CMN looks different to the next one. Some young people with CMN may have had surgery to remove a birthmark, meaning they may have scarring.

## HOW CAN I SUPPORT A YOUNG PERSON WITH CMN?

Children who grow up with a prominent CMN or many CMN may have problems adjusting to their visible difference, particularly during teenage years. This, however, is a very individual thing, and varies depending on the child's personality, and on the support from family and friends. This might be psychological challenges, such as poor self-esteem, anxiety or low mood. It might also include social challenges, for example dealing with other people staring, asking unsolicited questions or making comments about them. It is important to discuss with the young person how best to support them. Not everyone will want to be supported in the same way.

## WHERE CAN I GET MORE INFORMATION?

**Caring Matters Now** is the leading UK charity supporting those with CMN. Please see the website for more information about CMN and further support.

[www.caringmattersnow.co.uk](http://www.caringmattersnow.co.uk)

