

Some ideas to try:

Have fun!

Just because you have cancer, doesn't mean you can't have fun. You can still play with your friends and go to school. If you are not feeling well one day, you can rest and watch a movie or TV. You can have ice cream when you have cancer! Think of all the things that you like to do for fun. We bet you will be able to do a lot of them.



Helpful toys to have during this time:

Play Doctor's Kit

Dollhouse with family

Blank paper, crayons, and fingerpaints

Anything that talks about feelings



Kids Pack Ages 3-6

Take Good Care Packs

are filled with activities to encourage

- * Comfort
- * Communication
- * Expression
- * Stress Reduction

*Parents,
Please read this with your child.
Make any adjustments depending on your child's needs and understanding.
You may want to supervise your child's use of the pack. We have included a few snacks and treats. Be sure to screen for any ingredients not suitable for your child. (All foods are nut free.)*

We are sorry you have cancer. It can be hard to come to the hospital and take the medicine that you need to get better. We know that your family loves you very much. Your family will help you in any way they can. We want to help you, too. We put together this pack for you. We hope you like what's in it. Inside are some things we want you to know.

Some things to remember about your young child



Cancer is not your fault.

You did not do anything wrong to get cancer. Having cancer is not a punishment for anything you have said or done. No one in your family made you get cancer, either. Having a fight or thinking a bad thought does not cause cancer. We do not know what causes cancer, but many people are working hard to figure this out.

You did not catch cancer.

Cancer is not like a cold. You cannot catch it from your brother, sister or friend. You cannot catch it from your dog or cat. No one can catch it from you either. You **CANNOT** catch cancer. You can still play with your friends, hug your mom and dad and sleep next to your dog.



Different feelings are OK.

Kids feel lots of different things when they get cancer. You might feel sad or mad. You might be scared of going to the doctor. Or, you might be worried about being in the hospital. You can have different feelings every day. Make sure you tell your mom, dad, or a special grownup about your feelings. They can help you feel better. When you come to the hospital, tell us if we can do anything to make you feel better. We don't want to hurt you. We will take good care of you.



Bear Hugs

The bear in your pack might be small, but it helps to have a friend.

Some kids like their mom, dad, brother, sister, or other special people to give them and their bear extra hugs before they come to the hospital.