



# Kids Pack Ages 7-11

## Your other activities

Your might like to play basketball or go to art classes. Sometimes having cancer will make it hard to do all the things you like to do. But we can help you keep up with the activities that you especially like. Lots of kids with cancer still play instruments, participate in sports, and have fun. Playing with friends and hanging out with your family are also great activities to do.



## Take Good Care Packs

*are filled with  
activities to  
encourage*

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

We are sorry you have cancer.

Sometimes it can be hard to come to the hospital and have the treatment that you need to get better. Your family loves you very much and will help you in any way they can. We want to help you, too.

This pack has a lot of different things that we hope you will like. There are things to read and other things to help you express your feelings either in words or with pictures. There is also some stuff in here just for fun.

We will take very good care of you. We care about how you are doing. Please tell us if there is anything else we can do to help you while you are at the hospital.

# Tips for coping when you have cancer



## You didn't catch cancer.



Cancer is not like a cold or flu. You didn't catch cancer from anyone. You can't give cancer to anyone else either. No one knows why kids get cancer. We do know you didn't do anything wrong.

## Feelings

You might have had lots of different feelings since you were told that you have cancer. Some kids feel scared, worried, angry, sad or confused. Some days you might feel one way, and another day you might feel different. There is no right or wrong way to feel. It helps to be able to talk about your feelings with a grownup or a friend. You can talk with your parents, grandparents, aunts or uncles, teachers, sister or brother or the people at the hospital taking care of you.

Everyone wants to help you feel better.

## Questions

If you have questions about having cancer - ASK! You can ask your doctors or nurses at the hospital. You can talk with your mom or dad or another grownup you trust. If they don't know the answer to the questions you have, they will find out. There is no such thing as a silly or dumb question!



## School and Friends

School is important so you can keep learning new things. Kids with cancer can still go to school, as long as you are feeling OK. Before you go back to school, your mom or dad will probably talk with your teacher or school nurse to let them know what has been happening. You might want your friends or kids in your class to know that you have cancer, or you might not. Talk with your parents and tell them how you feel about this.

## School Re-entry Program

We have a program where someone from the hospital goes to your school and talks with your teachers and classmates about your cancer and treatment. This can make it easier for you when you come back to school. We will only do this if you want us to. If you do not feel well enough to go back to school, you might have a tutor come to your house.