

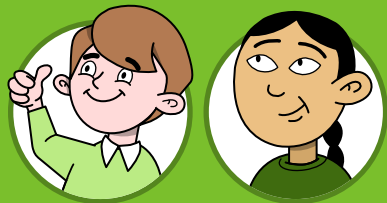
HOW ARE YOU FEELING TODAY?

GREEN



Calm

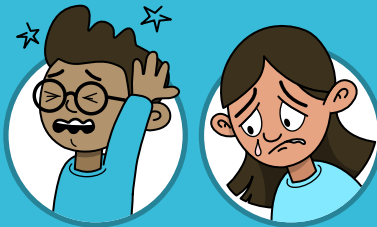
Happy



Supported

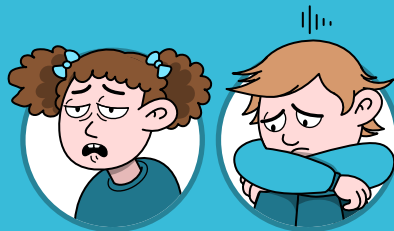
Hopeful

BLUE



Uncomfortable

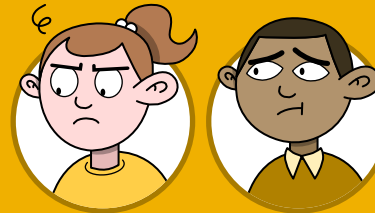
Sad



Tired

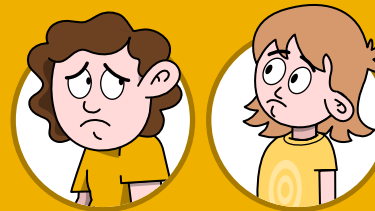
Lonely

YELLOW



Frustrated

Worried



Scared

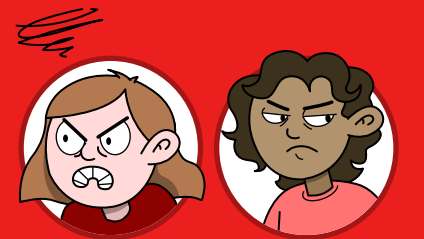
Helpless

RED



Terrified

Panicked



Angry

Irritated



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GREEN

TO KEEP YOUR CHILD FEELING:

calm

- Bring comfort items from home, like a favorite stuffed animal, slippers or warm blanket.
- Try to maintain a routine to help your child gain a sense of stability. Use a white board to write down scheduled events, doctor's visits, tests, and procedures.
- Try breathing exercises, listening to soothing music or reading a favorite book together.

HAPPY

- Ask the Child Life Specialist if they can bring in new toys or craft supplies for your child to explore, or if there any family-friendly hospital programs or events.
- Write down happy memories or positive thoughts on slips of paper and add them to a "Memory Jar".

SUPPORTED

- Help your child stay connected with family & friends through emails, video chats, phone calls, and, if possible, in-person visits. Have family members write letters or cards that you can read to your child.
- Celebrate small victories and progress - watch your children's favorite movie, have a themed night, or eat snacks in their favorite color.
- Visit the *My Child Has a Blood Cancer* section of the LLSC website to find resources including a coloring app and activity book.

HOPEFUL

- Sometimes a change of scenery can make a difference. Speak with your child's healthcare team to see if it's possible to go to the hospital playroom, take a walk around the hospital, or if you're at home, go for a walk around your neighbourhood.
- Explain medical procedures in an honest and age-appropriate manner. Remind your child that the purpose of the tests and procedures are being done to help make them feel better.

BLUE

IF YOUR CHILD IS FEELING:

uncomfortable

- Keep a record of your child's side effects + symptoms. Speak to your child's healthcare team if there are new side effects or ones that seem to increase in severity.
- Connect with hospital staff to see if they have age-appropriate resources to measure and understand your child's level of pain.

SAD

- Let your child know you'll stay with them as much as possible. If you'll be separated from your child, explain this in advance.
- If your child's treatment requires them to isolate, pick a fun activity to do together, for example, baking, doing a craft, or indoor obstacle course.

Tired

- While in the hospital or returning home, continue to maintain a regular bedtime routine.
- Enjoy a picnic lunch outside. If your healthcare team allows, try to get out for some fresh air.
- Some tiredness is expected due to treatment/medications - if you have concerns, reach out to your child's healthcare team.

Lonely

- Trade something special with your child if you need to be away - this may include a photo or special item.
- Ask the healthcare team if there are other hospital activities you and your family can get involved with.

YELLOW

IF YOUR CHILD IS FEELING:

Frustrated

- Acknowledge your child's bravery when doing difficult or uncomfortable tasks.
- Provide time during the day for your child to engage in play, whether that's a dance party, getting crafty, or playing a new board game.
- Create a visual calendar that includes important dates and fun activities to look forward to.

Worried

- Encourage your child to talk about fears and concerns.
- Use pictures or visuals to help your child understand their treatment, test or procedure.
- Ask your child if they have any questions they would like to ask you or their doctor.

Scared

- Post your child's treatment schedule so they can be prepared for upcoming appointments.
- Bring in a toy medical kit along & a stuffed animal to explain how different tests happen and what part of the body will be involved.
- Hold or rock your child. Even if your child does not understand your words, the sound and tone of your voice can be comforting too.

Helpless

- When possible, allow your child to make choices: which movie to watch, what activity they want to do, or help with planning meals. This can help with their feelings of loss of control.
- Let your child help with simple tasks: choosing which finger to poke for blood tests, help put on a Band-Aid, or what color of popsicle they want after the test is over.

RED

IF YOUR CHILD IS FEELING:

Terrified

- Encourage your child to talk about their feelings and express them through writing, storytelling or drawing. Take their fears seriously.
- Use the LLSC's age-appropriate material to explain blood cancer and treatment.

Panicked

- Help your child stay busy by doing activities they enjoy, like solving a puzzle, playing a game, or reading a new book.
- Fill a box with age-appropriate items that help your child relax, such as stress balls or fidget toys.

Angry

- Being angry is normal; talk through these feelings with your child to see what is causing their anger.
- Engage in activities like yoga or stretching to help reduce tension.
- Ask for support from the healthcare team if your child is having an especially difficult time adjusting to the cancer diagnosis or treatment.

Irritated

- Your child may need to be woken up throughout the night to take medication or for tests. They may be "poked and prodded" repetitively. Be understanding this may be irritating for your child.
- Create a safe space - a place for relaxing, reading, or playing that makes your child feel at ease.



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Never hesitate to contact us, we're here to help!

1 833 222-4884 • info@bloodcancers.ca • bloodcancers.ca