

Some ideas to try:

You can have fun!

Even though your brother or sister has cancer, you can still have fun. You can play with your friends, go to school, and tease your brother or sister! If your brother or sister is not feeling well one day, you can sit and watch a movie or TV with him/her. Ice cream or popsicles might make everyone feel a little better. What's your favorite flavor?



Helpful toys to have during this time:

Play Doctor's Kit

Dollhouse with family

Blank paper, crayons, and fingerpaints

Anything that talks about feelings



Take Good Care Packs

are filled with activities to encourage

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

Kids Pack Ages 3-6 (sibling)

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 hope you like the things in this pack. When a brother or sister is sick, it can be hard on you. Your family loves you very much, even if they have to be away from you sometimes to take care of your brother or sister. We take care of kids who have cancer at the hospital. Inside are some of the things we want you to know.



What kids need to know about cancer

Cancer is not your fault.

You did not make your brother or sister get cancer. No one in your family did anything to make your brother or sister get cancer. Having a fight, or saying or thinking something mean does not cause cancer. We do not know what causes cancer, but many people are working on this.

You cannot catch cancer.

Cancer is not like a cold. You cannot catch it from your brother or sister. You can hug them, play with them, and sit close by them. You will not get sick.



Different feelings are OK.

Kids feel lots of different things when their brother or sister has cancer. You might feel sad or mad. You might be worried or scared. 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. The book in the pack, "My Many Colored Days" talks about all kinds of feelings.



Try to help out at home.

This might be a good time to try and be a helper at home. You can get your brother or sister a drink or snack while they are resting. Cleaning up your toys will be a big help too!