COOL KIDS CONNECTION®

WINTER 2013

CONNECTING PEDIATRIC ONCOLOGY PATIENTS THROUGHOUT THE NATION

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My name is Maria Joffrion. I am the mom of four great kids: Ben (age 10), Lucia (8), Tommy (6) and Sean (4). My 6-year-old Tommy has NF1, optic nerve tumors, brain tumor and CM Leukemia. Ben wrote a very sweet poem and would like to share it with other siblings.
~ Maria Joffrion, Leominster, MA

I AM

By Ben J, age 10 (Ben's brother Tommy, age 6, has cancer)

I AM a smart caring boy
I wonder if world peace will ever come
I hear my brothers and sister having a good time
I want to be with them
I am a smart caring boy

I pretend the war is over but it isn't
I touch my thoughts, thinking
I worry about my brother Tommy
I cry when I'm happy or sad
I am a smart caring boy

I understand that Tommy needs more attention
I say that he will be better
I dream of my mom coming home saying that he is better
I try not to worry
I hope that my dream will come true
I am a smart caring boy

COOL KIDS CONNECTION®

is published by

COOL KIDS CAMPAIGN®

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Cool Kids Campaign is a 501(c)(3) nonprofit organization dedicated to improving the quality of life for pediatric oncology patients and their families. This publication is offered FREE to oncology hospitals and their patients. Funding is received through sponsors and advertisers. For advertising information and rates, email sharon@coolkidscampaign.org.

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What cancer has shown me about my little girl

By Alycia Steinberg, Baltimore, MD

On a Friday afternoon in October 2011, I took my then two-year-old Avey to her pediatrician's office for what I thought was a minor kid illness. Monday morning, while Avey and I were shopping for her "big girl" toothpaste, the pediatrician called with unexpected lab results—it looks like leukemia, go directly to the Hopkins ER. In that instant our lives turned upside down.

Over a year has passed. Although Avey will continue chemotherapy for another year and a half, we've regained a new balance in our lives. Avey is thriving in preschool. She's a loving, playful little girl, who told us on Thanksgiving that she's "thankful for giving kisses."

Cancer is terrible. But I treasure what we've learned on this journey. Cancer forces us to sharpen our focus on what we value in life. We strive to live in the present. We survived tough times by living minute by minute, and then hour by hour, and only then day by day. One of the most important lessons, but also the hardest to implement, has been to check my fears of what may lie ahead. Worry wastes energy, and I know I'll need that energy for real challenges.

What I treasure most is what cancer has shown me about our girl. Avey, like all children who fight this fight, is amazing. She has an inner strength and resilient joy that we might otherwise have never seen so clearly. Her medical play—on stuffed animals, dolls, parents and dogs—appears to be a source of fun. She faces the requirements of her treatment without a fuss or fight.

Avey is so young. I can only hope that she won't remember the scariest, and most painful parts of treatment. Still, she can't grow up untouched by this journey. And I wouldn't want her to. I hope she carries her strength and joy with her in everything she does.

As I look back at updates I had written for family and friends (page 3), I realize how far we've come. We owe so much to so many. These words are testaments to the tremendous support we've received. Many more people care than I ever could have imagined. Countless acts of kindness and caring sustain us. It's a reminder of how important even our smallest actions can be to others.

December 2011

We end 2011 prouder than ever of our two-and-a-half-year-old Avey, and incredibly grateful for the love and support of our friends and family. In October Avey was diagnosed with acute lymphoblastic leukemia. Her prognosis is excellent and the first phase of treatment was successful. Avey will continue intensive chemotherapy into the summer, followed by two years of maintenance therapy. She should complete treatment just in time to begin kindergarten.

Our little girl gives us lessons in strength, courage, and grace every day. Avey is a hero. She finishes her countless doses of medicine and procedures with a triumphant "I did it!" She has taken in stride the loss of her golden curls to the "Hair Fairy" (distant and much less popular cousin of the Tooth Fairy). Avey has maintained her sweet and loving nature through it all. Her ability to comprehend and face this experience is amazing.

We have been able to find as much joy and normalcy as possible for Avey because of the support we have received from our family and friends. We thank them for the trips across the country, visits in the hospital, food, pug care, cards, calls, emails, Facebook posts, and the gifts, gifts, and more gifts sent to Avey. We also deeply appreciate Avey's wonderful health care team at Johns Hopkins.

April 10, 2012

Today marks six months of life with cancer. On our second night in the hospital I was told to expect roughly six months of intensive treatment, two years of maintenance. They said treatment would range from moderately tough to extremely tough. Turns out our sweet girl has a toughness all her own.

Seven full moons, but it feels like there have been more. Six months is a long time in the life of a two-year-old. Avey grows and develops as any child her age would, asserting her independence. There are only glimpses of the weight of being so brave.

I think often about the other families we meet in our world of pediatric oncology. They provide lessons in strength and resilience. We are fortunate that Avey has, as one dad wistfully referred to it, "the Cadillac of childhood cancer." We are fortunate that treatment exists and the drugs are available. We are fortunate to have such a wonderful health care team. Fortunate that we have health insurance to cover it all.

It feels good to mark the six-month milestone. We still have two more months until the start of maintenance, but it's springtime and we have plans. We're counting the days and lining up hats in preparation for pool-opening season. Avey will return to music class this summer, and she's signed up for preschool in the fall.

June 21, 2012

Today Avey went to music class – a big deal for us. I've anticipated this day a hundred times over in my head. Last fall Avey had just started her second session of music when she was diagnosed; she loved the class. She has cried for it in the hospital and it felt horrible to tell her she couldn't attend.

It is especially meaningful for me. I watch Avey singing and dancing to the songs my mother sang to me as a child. I wish so much that my mom could see Avey caught up in the music. Today was a triumph over leukemia. In some slight way it was also a triumph over the brain cancer that took my mom two and a half years ago.

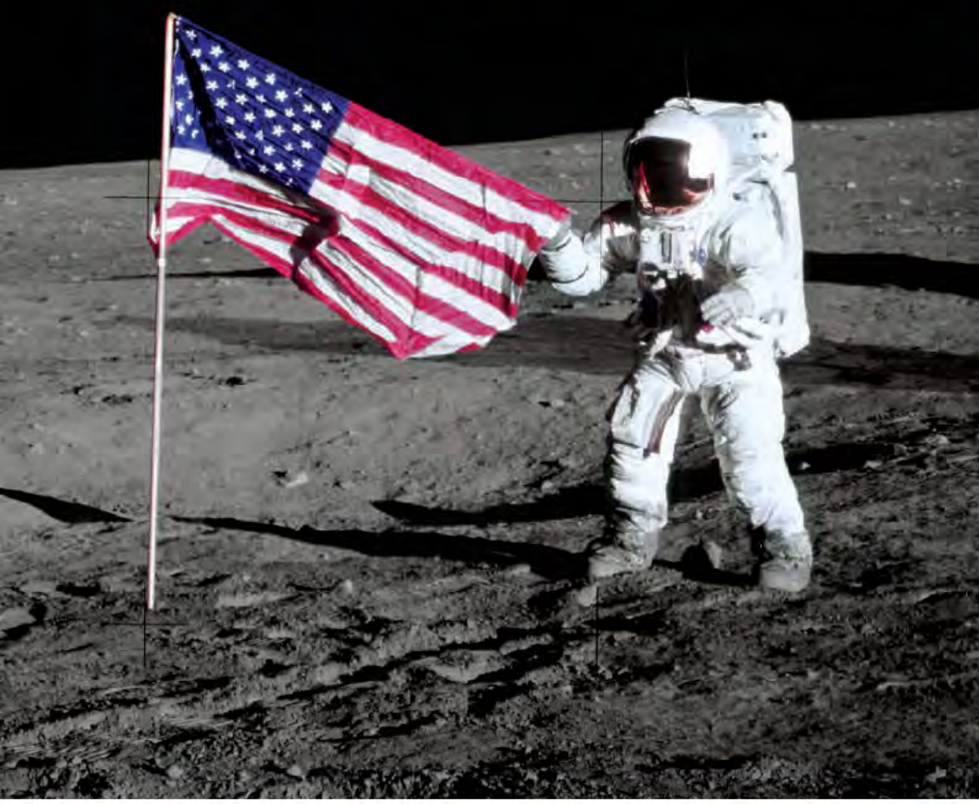
October 10, 2011

Today marks one year of life with cancer. It's too painful to reflect thoroughly. As we graduate from surviving to living, what stands out is the strange duality of our existence.

Stronger than we ever thought we could be. Yet powerless and vulnerable. Supported by more people than we ever knew cared. Yet alone in our fear. Our good fortune in the world of pediatric oncology—the "best" childhood cancer diagnosis, responding fantastically to treatment, look at that hair! And the terribleness of our situation by any other parent's measure.

What makes the worst moments bearable is this incredible child. Her strength. Smile and spirit unyielding. These photos show it all. These photos show something else impressive. Avey's young friends and cousins look right past cancer, even at her bald, bloated, immobile worst. After weeks and months away, they embrace Avey into their homes and games and play without missing a beat, just happy to have Avey back.

The country that put a man on the moon can cure cancer.



We've always embraced big challenges in this country. It's how the world sees us. How we see ourselves.

Now, President Obama has called on us to end cancer in our lifetime. America's pharmaceutical research and biotechnology companies share that goal. Today, our scientists are working on 800 new medicines to fight this deadly disease that touches so many lives.

It won't be easy, and it won't happen without a renewed emphasis on innovation and a sustained commitment to research and development. Last year, we invested more than $65 billion to discover and develop medicines to help patients live longer, healthier and more productive lives. Like President Obama, we believe that America's best days are ahead of us. Working together, we can do anything.

PhRMA

New Medicines. New Hope.

www.PhRMA.org

TOP 10 REASONS TO BE BRAVE & SHAVE...

(posted on facebook by Ivan C. Baughman)

10. Bald by choice means being a hero for those who have no choice
9. Hair is an accessory ... not a necessity!
8. It's fun to feel your head with no hair on it
7. Loved ones will be so proud and rub your head for good luck!
6. Zero hair care
5. Cool short hair for the long hot summer
4. Courage and humility get a huge victory over fear and vanity
3. It's an adventure in confidence ... with an amazing experience in liberation!
2. Being a part of something greater than yourself
1. Eliminating the threat of cancer from our children's future!

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Surfin' the Net...

Have you found a fun or helpful website to share with other families dealing with pediatric cancer?

Email it to Cool Kids Campaign (suzanne@coolkidscampaign.org).

Here are several we found to share with you ...

1. **monkeyinmychair.org –**
A free program to help cancer patients stay connected to their classmates. Each child is provided with a free "monkey kit" which includes a big stuffed monkey that takes their place in school when they are unable to be there. A teacher's guide is included to help explain to students the situation their classmate is facing and how it affects him/her.

2. **qfad.org –**
Provides makeovers, manicures, and tiaras as a little pick-me-up for kids in treatment. Each child keeps the make-up and nail polish used during the event and receives a photo to commemorate the day in rhinestone tiara and feather boa bliss. This event focuses on feeling good rather than only looking good.

3. **cookiesforkidscancer.org -**
It all started with 96,000 cookies that sold in three weeks. This organization is committed to raising funds to support research for new and improved therapies for pediatric cancer.

4. **starbrightworld.org –**
Connect with other teens who have cancer through moderated chat rooms, bulletin boards and games via the Starbright World social network, a service of the Starlight Children's Foundation. Watch animated shows and videos that deal with topics such as coping with chemo or returning to school after treatment.

5. **Get help – financial tips, assistance and resources:**

healthwellfoundation.org 1-800-675-8416
helps patients pay prescription drug copayments, deductibles and health insurance premiums

panfoundation.org 1-866-316-7263
assistance to underinsured patients who need help paying for potentially life saving meds

copays.org 1-866-512-3861
financial support to cover pharmaceutical copayments of insured patients

patientservicesinc.org 1-800-366-7741
financial assistance to patients with chronic diseases who can't afford treatment

Artist's Illustrations Inspired by Love for Brother

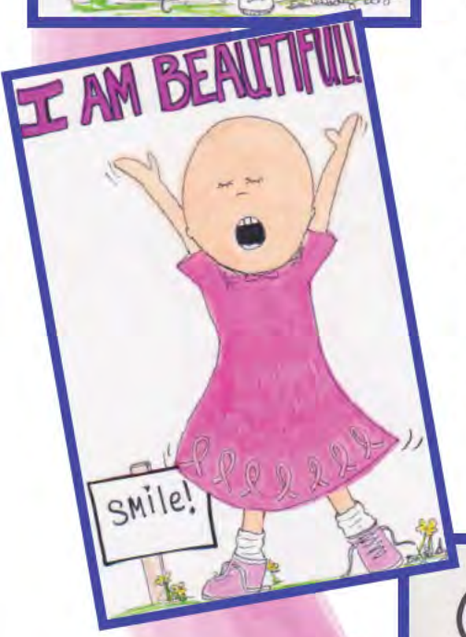
by Eva Valadez
Vista, California

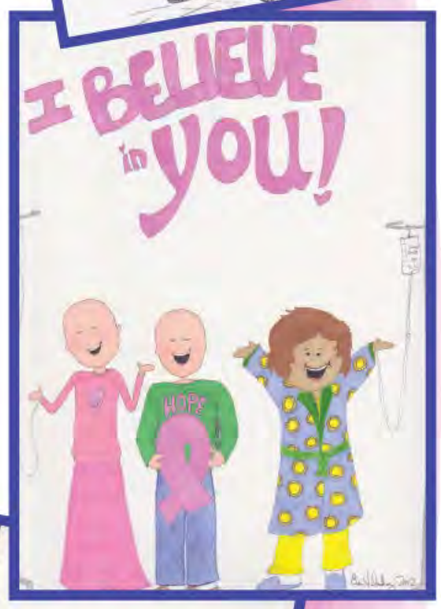
My passion lies in being an artist. I take my art bag everywhere I go. Even through years of my brother's chemo, my art hung all around. Other patients always enjoyed when I drew something especially for them. As you can tell, it fills my heart to share my love of art inspired by my brother, Jesse Adam Rivera Valadez, who passed May 26, 2012 at age 46 from Stage 4 Cholangiocarcinoma. He was a musician and Drummer Extraordinaire. He was my big brother; he protected me and loved me unconditionally. He taught me so much about life – and death. He told me not to worry … "Everything is gonna be alright" … that this is his journey and he's okay with it … "God's plan. We'll hang out again!"

I've learned through these past years how just a little appreciation (or a lot for that matter) truly makes a difference. How a small piece of art can make someone smile and feel loved. I became friends just by sharing my art with some of the other San Diego Hospice patients and their families. I had no idea of the effect it would make … to touch the hearts of the families. They made the effort to thank me, and tell me just how much my art meant to them. It was always a positive message – both in my art and in their response.

I saw how my art also affected the nurses as well. There was so much love shared all around. Truly an experience I will never forget.

BE INSPIRED. Thank you for letting me share my passion and love for art … inspired by my brother's love and courageous fight! My love for sharing and inspiring … and giving hope!





PUZZLES AND GAMES

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WORD SEARCH

SNOW AND WINTER

BLIZZARD	DRIFTS	FROZEN	PACKED
SNOW FORTS	SNOWBANK	PLOW	SUB-ZERO
COLD	FLURRY	ICE CRYSTALS	POWDERY
SNOWBALLS	SNOWMAN	SLIPPERY	SHOVEL

C	A	N	A	D	A	D	R	A	Z	Z	I	L	B	H
A	S	T	H	E	W	O	R	L	D	S	C	S	E	C
S	O	N	D	C	D	R	I	F	T	S	E	O	L	D
L	N	E	W	S	U	L	T	B	U	T	C	S	N	O
I	W	O	I	E	S	N	O	W	F	O	R	T	S	W
P	L	S	W	T	L	N	I	C	A	Y	Y	T	H	I
P	O	N	A	B	L	L	C	Q	R	A	S	I	P	I
E	T	A	L	W	A	I	T	E	U	H	T	A	N	A
R	D	N	S	N	B	N	D	U	A	E	A	L	S	N
Y	E	O	W	N	W	W	K	F	A	L	L	L	O	Y
F	K	A	B	O	O	R	E	Z	B	U	S	U	T	R
T	C	C	W	P	N	W	O	H	U	N	D	R	E	R
D	A	A	I	N	S	D	M	T	H	I	R	T	Y	U
S	P	I	X	T	C	E	N	A	T	I	M	E	T	L
L	E	V	O	H	S	R	E	S	N	E	Z	O	R	F

PrintActivities.com

PERFECT SNOWFLAKES

Celebrate winter by making these perfect snowflakes. Use them to decorate your windows, room or paste them on paper and make them into cards.

What you need:
paper, scissors, ruler, pencil, plate or cereal bowl, glitter and glue, crayons or markers

What you do:
1. Lay the plate or bowl upside down on the paper. Trace around the rim. Remove the plate or bowl and cut out the circle you made. (fig. 1)
2. Fold the circle in half. (fig. 2)
3. Fold the outsides in as shown in diagram. (fig. 3)
4. Fold the paper in half. (fig. 4)
5. You are now ready to begin cutting out the design of your snowflake. Do not cut away all folds or the snowflake will fall apart.
6. Gently unfold the snowflake and see what kind of design you have created.
7. Put dabs of glue on the snowflake and sprinkle with glitter or color it.

fig. 1

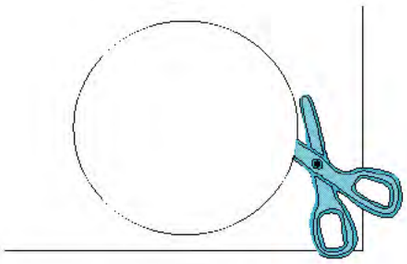


fig. 2

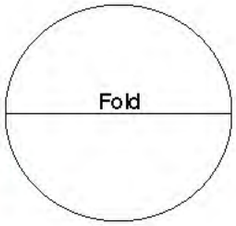
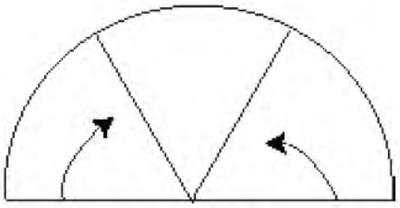
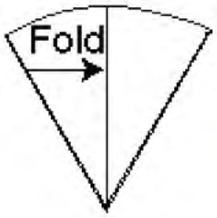


fig. 3



Fold sides

fig. 4



BRAIN TEASERS

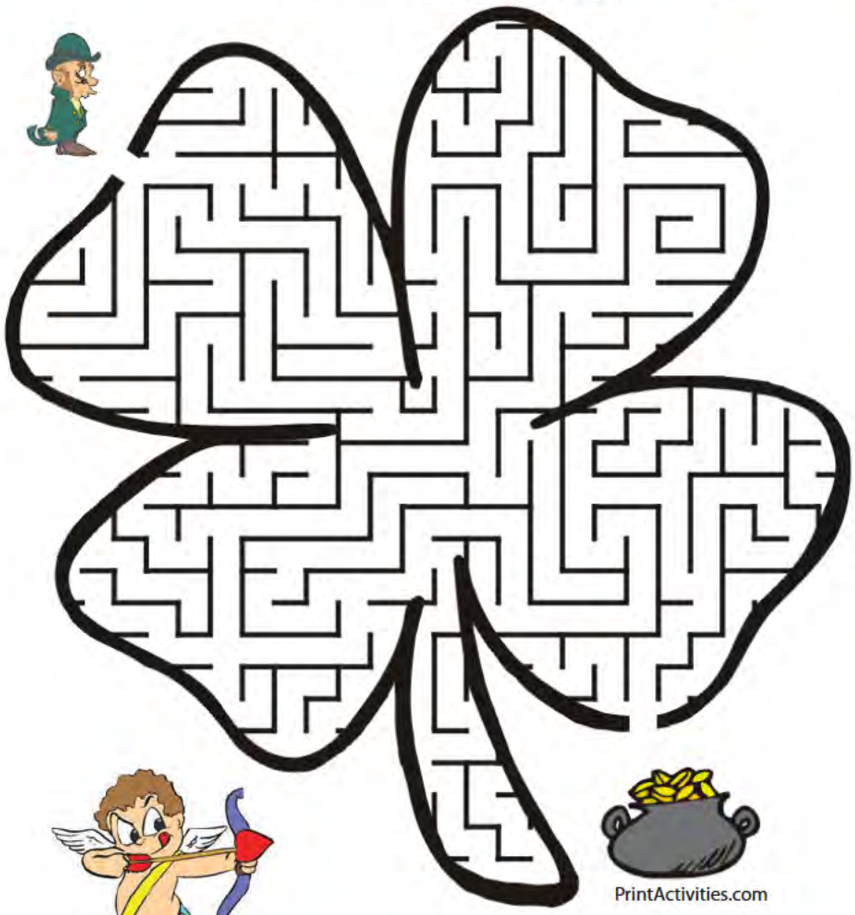
Word Search

St. Patty's Day

CLOVER	LEPRECHAUN	GOODLUCK	TRICKS	SHAMROCK
LUCK	SNAKES	GOLD	IRELAND	PUB
BEER	SAINT PATRICK	FAERIE	BLESSINGS	RAINBOW
GREEN	IRISH	BUCKLES	MARCH	

L	S	D	P	X	Q	I	R	I	S	H	P	S	U	R
Y	C	V	K	I	C	V	E	D	I	G	L	P	Y	R
Z	I	K	C	T	K	O	G	V	G	J	L	E	A	A
W	U	N	U	A	H	C	E	R	P	E	L	R	V	W
N	D	Z	L	I	K	C	U	L	D	O	O	G	H	C
R	O	S	G	R	E	E	N	O	G	M	F	F	V	P
Z	G	N	D	F	W	C	P	U	B	K	P	B	M	N
P	P	A	N	L	O	J	E	H	U	G	R	E	A	K
F	A	K	R	H	B	R	G	V	C	X	T	E	R	B
D	T	E	P	Q	N	D	V	U	K	J	X	R	C	F
Z	R	S	G	N	I	S	S	E	L	B	L	E	H	U
O	I	R	E	L	A	N	D	Y	E	G	Y	V	D	N
E	C	F	A	E	R	I	E	V	S	X	K	O	V	P
R	K	K	C	O	R	M	A	H	S	G	O	L	D	N
W	S	S	A	I	N	T	P	A	T	R	I	C	K	N

freewordsearch.net



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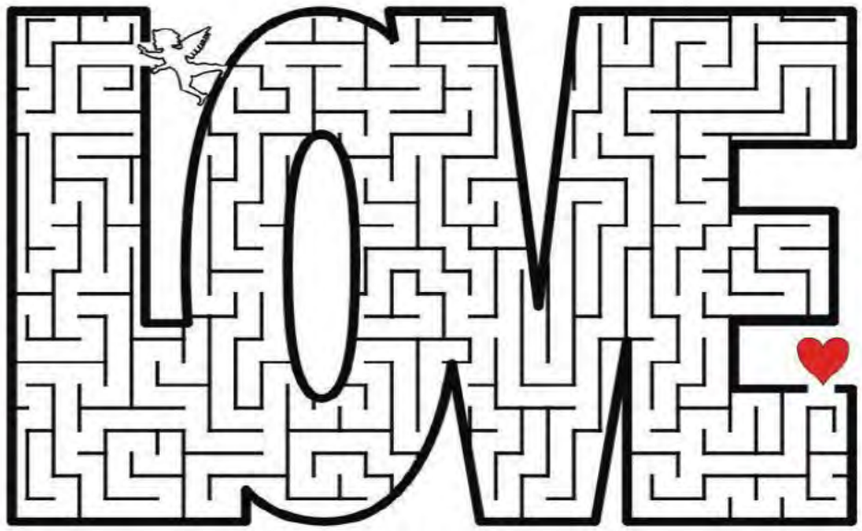

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Valentine's Day Word Unscramble

1. uCdip _____
2. aVeltneni _____
3. acdr _____
4. dre _____
5. ueayFrrb _____
6. othcaeloc _____
7. igtf _____
8. orwar _____
9. oelv _____
10. ikpn _____
11. ssnidken _____
12. aerht _____
13. nadcy _____
14. epailcs _____
15. eb imen _____
16. woelrfs _____
17. nidersf _____
18. hypap _____
19. eros _____
20. oeftnhetru _____

ANSWERS ON PAGE 13

MIND BENDERS

MAD LIBS

Without telling what the story is about, one player asks another player to call out a word (adjective, noun, verb, etc. as needed) and fills in the blanks with those words. When all blanks are filled, the reader then reads the entire ridiculous story aloud! Guaranteed silly!

The One & Only Aunt Rose

When Aunt Rose was a little _____(noun), she won a _____(noun) contest reciting a _____ (noun) and singing her version of "Yankee _____ (adjective) Dandy." From that moment on, she was bitten by the acting _____(silly word). Whenever and wherever there was a casting _____(noun), Aunt Rose would show up and audition for the _____(occupation). Like all actors, she was turned down many, many times, but to her credit it never damped her _____(plural noun). She took rejection with a grain of _____(noun) and always held her _____(part of body) up high. But when she had her first child, to the family's surprise, she threw in the _____(noun) and became a stay-at-home _____(noun). Now whenever Aunt Rose has the urge to perform, she sits at the piano and sings all the old _____ (adjective) songs for her grandchildren, nieces, and _____(plural noun).

You're Invited!

Dear _____(female person in room),
I would like to invite you to a/an _____(adjective) sleepover party this Friday night at my _____(noun). I live on the corner of South _____ (noun) Street and _____ (celebrity) Lane. Please arrive _____(adverb) at _____(number) o'clock. Don't forget to bring a/an _____(adjective) sleeping _____(noun) and a soft _____ (noun) on which to rest your _____(part of body). We'll have pizza topped with _____(plural noun) for dinner, and we'll watch a/an _____(adjective) movie. When it's time for bed, we'll all change into our _____(plural noun) and turn out the _____(plural noun). Then we'll tell _____(adjective) ghost stories and talk about all the cute _____(plural noun) at school! Please RSV-_____(letter of alphabet) to me by email at iluv-_____(celebrity)@_____(same celebrity).com. Hope you can join our _____(adjective) party!

Unscramble These "Blustery" Words

1. W O S N
2. T H A
3. L S G I H E D I N G R I (2 words)
4. O T H O C C H O E A L T (2 words)
5. K M O E I S
6. A P E F E L C I R
7. I I L E C C
8. E S A F R F M U

ANSWERS ON PAGE 13

SUDOKU

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9. If you use logic you can solve the puzzle without guesswork.

#1

4	2		3	9				
	5		2		4		6	
3				5	7	2	8	
9			8					7
		1		4		5		
7					3			8
	6	9	5	3				1
	1		9		2		5	
				6	1		2	9

#2

1		5						
	7				4		6	
2		3	5			4	1	9
	9	1			5		3	6
	8		7		3		4	
3	5		1			7	9	
9	1	7			6	3		4
	3		9				5	
						9		8

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JOKES RIDDLES

GOOFIN' AROUND WITH THE DOC

PATIENT: Doctor, doctor, I keep thinking I'm a dog!
DOCTOR: Sit on the couch and let's talk about it.
PATIENT: But I'm not allowed up on the couch!

PATIENT: Doctor, doctor, I feel like an apple.
DOCTOR: We must get to the core of this!

PATIENT: Doctor, doctor, everyone thinks I'm a liar!
DOCTOR: Oh c'mon now, I can't believe that!

PATIENT: Doctor, doctor, I've become invisible!
DOCTOR: Yes-yes, I can see you're not all there!

PATIENT: Doctor, doctor, will this ointment clear up my spots?
DOCTOR: I never make rash promises!

RIDDLIN' AROUND!

ANSWERS ON PAGE 13

1. *How does Jack Frost travel?*
   (Submitted by our facebook friend Scott MacMullan, Annapolis, MD)
2. *Why did the farmer wear only one boot into town?*
3. *What do you call a snowman in the desert?*
4. *How does an Eskimo stick his house together?*
5. *What is a snowman's favorite breakfast?*

Knock-knock-knock all over the door jokes

Knock, knock
Who's there?
Viper
Viper who?
Viper nose, it's running!

Knock, knock
Who's there?
Spell
Spell who?
W ... H ... O

Knock, knock
Who's there?
Abby
Abby who?
Abby Birthday to you!

Knock, knock
Who's there?
Woo!
Woo Who?
What are you so excited about?

Have a unique knock-knock joke or another favorite joke? Email it to suzanne@coolkidscampaign.org and we'll publish it in a future issue!

Smiling When There's Nothing To Smile About

By Angela Anderson, Hattiesburg, MS

In June 15, 1997, my husband and I witnessed the birth of our second son. As the nurses held him ever so dearly and placed him under the warm lamp, his tiny smile was the biggest as it lit up the room and touched all hearts who witnessed his amazing birth. It was my decision that his name should be Mitchell Anderson, Jr.

As Mitchell grew, he was very articulate. My favorite story to share in reference to the laughter our son constantly brings to us, is this ... One day we were in the pharmacy when our son was 2-years-old. There's something about smaller children who are unable to control their vocal cords - Mitchell spoke loudly. (I've always wondered if he was hard of hearing! He reminded me of an elderly man). Everyone in the store was all smiles as this little toddler articulated from the top of his lungs. At the checkout counter, the cashier smiled as she recognized this child as the same one she had heard throughout the store. As she engaged him in conversation, Mitchell shared with the cashier his perception of his name.

"You know, me and my daddy have two different last names. His last name is Anderson and my last name is Jr." The whole pharmacy chuckled as I stood there slightly embarrassed. I could not wait to get my young son into the car to explain that he indeed did have his daddy's last name, and that 'Jr.' is an addition to the name, like Mr. or Mrs.

TEEN YEARS AND THE DIAGNOSIS

As our son began to grow he brought us plenty of smiles and laughter. He was the biggest help around the house. We could not have asked for a sweeter child. Then in June of 2011when Mitchell was 14, we noticed him limping and complaining of what we thought was growing pains. We decided to take him to a local clinic; they referred us to an orthopedic physician. After a scan the doctor referred us to a pediatric orthopedic specialist in Louisiana. In September 2011 we received devastating news – our son had cancer.

We were told that his is a rare form of cancer – one in 100,000 people are diagnosed with it. I was reminded of our family's first big tragedy in 2005 when my husband, the source of our household income, had become disabled. During that time, I had been a stay-at-home mom trying to keep things together. Thank God we made it. And now this.

I work at a bank and began to take time off to travel with my husband and son to Louisiana while my mother-in-law helped care for our 9- and 10-year-old sons, who are amazing, very helpful and entertaining. As Mitchell went through chemotherapy he didn't complain, he just continued to go and get it done. He shared a special bond with his dad – they laughed a lot at me. I would take off from work periodically to swap with my husband since we had to travel to Louisiana where our son stayed in the hospital for treatments. Mitchell informed me of how he felt about this arrangement.

"Mom, no offense to you, but you can continue to work while I spend a lot of time with dad," he said.

Through it all he kept a positive attitude and filled his days with laughter and funny cartoons. It was medicine for us as we watched him sit on the computer wearing ear plugs, laughing and laughing.

When we were contacted by the Make-A -Wish Foundation, they had asked our son what he would like as his wish. At that time he was on crutches and just had had a partial knee and leg replacement and wore a prosthetic. His wish was, "I want to go sky diving."

"WHAT???" was the reply of the doctors, who chuckled. One doctor said he was trying to fix Mitchell's leg, not break it! Of course the answer was no.

Our son is doing well, now age 15, and ready to resume school. Despite it all he stayed above his high school class as he was being homeschooled. He recently took a state test and scored as one of the highest. We are thankful for Mitchell, who has continued to bring laughter and smiles through it all. We were elated that he even had the opportunity to serve as an 'extra' in a major blockbuster movie, Broken City, which will be playing in theaters beginning January 18, 2013. It stars actors Mark Walberg and Catherine Zeta Jones; we captured a picture of Mitchell with Ms. Zeta Jones.

Our son, Mitchell Anderson, Jr., is our star! Even though he was very sick during chemotherapy, he still wore a smile – when there was nothing to smile about.

COPING WITH A CHILD'S CANCER

excerpted from National Cancer Institute article

One of the challenges facing the family of a child who has cancer is continuing the normalcy of everyday life. Moving forward may be hardest during the stress milestones: learning your child has cancer … times your child spends in the hospital … and when your child is suffering from the side effects of treatment. Even when treatment is going well, the cancer diagnosis still affects each family member. The family may be apart, work days are missed, brothers and sisters may feel left out, and everyone may feel worried and tense. On top of the cancer, a family must still keep up with everyday responsibilities and a family's activities.

You are not alone! Know that it is possible to get help from many sources:

- your child's treatment team (including social worker)
- other parents of children with cancer
- support groups
- pediatric cancer-related organizations

Even with cancer, your child has the same needs as other young children: attending school, socializing with friends and enjoying the things they liked before cancer.

- Allow your child to live as normal a life as possible. Some activities may need to be change during treatment.
- After chemotherapy or radiation, maybe your child feels tired and needs more rest. Help your child find other things to do while resting, such as a new hobby, inviting over a play date to draw or paint, or another quieter activity.
- Encourage your child to stay in touch with friends. Maintaining friendships is easier if your child is well enough to attend school during treatment, however, that's not always possible.
- If school must be missed, it is best for your child to return to school as soon as possible. Children with cancer need, and like, to be with their peers. Keeping up with schoolwork makes them feel good about themselves.

Children often worry about how their friends and classmates will act toward them when they do return to school. Your child needs to know that some people are uneasy about a serious illness, including kids. People may act differently, or say hurtful or wrong words, to a child with cancer. There may be obvious physical changes in your child, such as hair loss. Other kids are usually accepting, but they may have questions. Help your child to prepare answers, such as explaining to classmates that they cannot "catch" the disease. Your treatment team has had experience helping families with school – ask them if the hospital has a school re-entry program. Some hospitals will send a nurse to the child's classroom to talk about the cancer with classmates.

You may want to talk with teachers and the school nurse about the disease, treatment and any needed changes in school activity. Perhaps the teacher or school nurse may speak with students about what to expect when your child returns to school.

If your child cannot yet return to school, consider a home tutor which may be available through the school system. This will help your child keep up with studies and thus make it easier to re-enter school later.

What should you say to your child?

- Say "I love you" often.
- Assure her or him that the cancer and the treatment is not a punishment.
- Encourage your child (and siblings) to talk about the cancer and its treatment. Ask them questions to start the conversation. Family talks can help everyone feel less worried and cope with the illness better … together.
- Explain to your child that it is okay to feel sad and it's okay to cry.
- Encourage activities to help your child feel more relaxed; even hospital role-playing may help your child to understand and to feel better.

Setting limits for your child's behavior and activities is still important and even comforting to your children. Remember that like adults, children have good days and bad days.

- Allow your child to make some choices as long as they do not interfere with treatment.
- Use the same rules and level of discipline that you did before the cancer diagnosis.
- Ask your child to continue helping with regular chores around the house (when able).

Like you, your child is likely to feel uncertain, worried, and afraid at times, but he or she may find it hard to talk about these fears and may behave differently than usual. For example, your child may become loud or bossy, be quieter than usual, have nightmares, have changes in eating habits, not do as well in school, or go back to earlier behaviors such as bedwetting or thumb-sucking.

These common behavior changes are just a few of the ones you may see. You may want to talk about such changes with the doctor, nurse, social worker, teachers, and school counselor, who have had experiences like yours.

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"Children should not have treacherous diseases or be afraid. This should be the one rule we all agree on."
~ Anne Lamott, author of Some Assembly Required

"Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think."
~ Christopher Robin, to Pooh

ANSWERS TO PUZZLES

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Valentine Words Unscramble

1) Cupid 2) valentine 3) card 4) red 5) February 6) chocolate 7) gift 8) arrow 9) love 10) pink 11) kindness 12) heart 13) candy 14) special 15) be mine 16) flowers 17) friends 18) happy 19) rose 20) fourteenth

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Sudoku #1

4	2	8	3	9	6	7	1	5
1	5	7	2	8	4	9	6	3
3	9	6	1	5	7	2	8	4
9	3	2	8	1	5	6	4	7
6	8	1	7	4	9	5	3	2
7	4	5	6	2	3	1	9	8
2	6	9	5	3	8	4	7	1
8	1	4	9	7	2	3	5	6
5	7	3	4	6	1	8	2	9

Sudoku #2

1	4	5	6	3	9	2	8	7
8	7	9	2	1	4	5	6	3
2	6	3	5	8	7	4	1	9
7	9	1	4	2	5	8	3	6
6	8	2	7	9	3	1	4	5
3	5	4	1	6	8	7	9	2
9	1	7	8	5	6	3	2	4
4	3	8	9	7	2	6	5	1
5	2	6	3	4	1	9	7	8

Blustery Words Unscramble

1) snow 2) hat 3) sleigh riding 4) hot chocolate 5) eskimo 6) fireplace 7) icicle 8) earmuffs

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Riddlin' Around

1) by icicle 2) because he heard there would be a 50% chance of snow 3) a puddle 4) with igloo 5) Frosted Flakes

KIDS! PARENTS!

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Our goal with Cool Kids Connection is to connect families across America who are dealing with kids' cancer. This newspaper is published for you and about you … including stories by you! Here's what we look for …

STORIES ~ Share your experience with other kids living with cancer. Or, write about any kid-related topic at all!

ART ~ Like to draw, paint, sketch, doodle, color? Send us your artwork to publish!

POETRY ~ Express yourself through poetry: rhyme it, don't rhyme it; we'll take it happy, sad, goofy or serious!

PHOTOS ~ Introduce yourself through a photo – can be with family or friends, in the hospital, or doing your favorite thing at home!

FAVORITES ~ Share your favorite song, book, video game, app, movie, Facebook page, website or TV show … we're listening!

JOKES/RIDDLES ~ Wanna help other kids chuckle? Share your favorite joke. Send riddles, puzzles, brain teasers, or even a word search that you made up!

COOL CAREGIVER & COOL KID ~ Each issue has a fun Q&A featuring a "cool kid" and his/her "cool caregiver." What's your favorite cereal? Do you like cats or dogs? If you were president, what would be your first law? Our list of fun questions is ready for YOU – and your favorite nurse, doctor, child life specialist or caregiver!

EMAIL submissions to suzanne@coolkidscampaign.org. You can also mail items to Cool Kids Campaign, 8422 Bellona Lane, Suite 102, Towson MD 21204.

Note that we are unable to reprint copyrighted material, so be sure to send your original artwork and photos! All submission becomes the property of Cool Kids Campaign.

COOL KID & COOL CAREGIVER

KELIS LEE
Lake Park, Florida

What grade are you in? 2nd

How old are you? age 8

If you wrote a book, what would it be about? about me!

What do you want to be when you grow up? a doctor

Do you enjoy sports? I like to play football, basketball, soccer, tennis and kickball.

Favorite team? Gators!

Do you have siblings? Jabrina, age 5

What do you like to do for fun? I like to dance!

How do you like to help others? I like to give gifts.

Favorite cereal? Rice Krispies and Frosted Flakes

Favorite snack? chips! hot chips!

Favorite animal? dolphin

Favorite subject in school? writing

Who's your BFF? Phillip

Who is your favorite celebrity?
The girls from 'Shake it Up!' because they can dance.

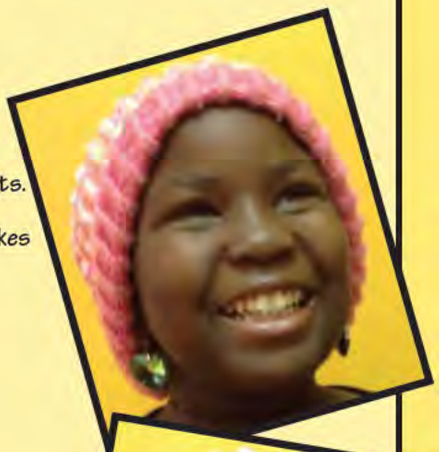
What activities do you like to do for exercise? swim

Favorite movie? Jason vs. Freddy

Favorite TV show? Good Luck Charlie

Favorite video game? Michael Jackson on Wii

Favorite board game? Monopoly



If you were stranded on an island, what 3 things would you have with you?
clothes, food and fire

What are you most grateful for? The Police, because they are good.

If you were a Seven Dwarf, which one would you be? Happy

If you could meet someone famous, who would it be? Modest Behavior

What question would you ask first? I would ask them to go to prom!

MEGAN FAY HAMERDINGER
Boynton Beach, Florida

In what hospital do you work? I work for the Pediatric Oncology Support Team Inc. We serve families at the Palm Beach Children's Hospital at St. Mary's Medical Center, and the Children's Hospital at Palms West Hospital.

What is your job title? Family Advocate

What do you do specifically? I provide support to the children and families. I check on them every day, assess needs, play and talk.

Favorite part of your job? playing with kids

Favorite sport to watch and/or play? I don't mind watching soccer.

Are you married? no

Do you have children? no

What do you enjoy doing for fun? Going to the beach, movies, spending time with friends and do-it-yourself projects.

Favorite movie? Center Stage

Favorite TV show? The Big Bang Theory

Do you like cats or dogs? dogs

What's on your iPod? All kinds of music from Rock to 70's jams to dance and country. It all depends on my mood.

Favorite book? The Giver

Favorite board game? Candyland

Favorite school subject as a kid? Science

Favorite dessert? Key Lime pie

Favorite season? Summer

Favorite cereal? Honey Nut Chex

Favorite fruit? strawberries

What celebrity do you admire and why?
Jane Seymour because she provides a positive message to others.

If you were a Seven Dwarf, which one would you be? Happy

If you could have dinner with one person (alive or deceased), who would it be and why? My grandfather so he could see me as an adult.

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