



I'M STILL ME

A FUN ACTIVITY BOOK FOR KIDS LIVING WITH CANCER





HUGGABLE HOPE HAS ARRIVED!

Thank you for becoming a part of the Chemo Duck family.

Chemo Duck is a wonderful friend that will provide your child with the huggable hope he or she deserves during this difficult time. It is through the power of play therapy and Chemo Duck's companionship that your child will find comfort during their experience with cancer.

In addition to Chemo Duck, we offer many other ways to support you and your child. We encourage you to do the following:



Watch the video included with Chemo Duck and familiarize yourself, your child and your family with the Chemo Duck program. Chemo Duck can help your entire family



Bring Chemo Duck along to doctor visits and treatment sessions to make your duck a part of the medical team.



Join us on Facebook and Twitter and share stories, emotions and experiences with others in the Chemo Duck community.



Visit our website for additional resources for parents and kids, such as checklists, educational material, activities and games.



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**Doctors know a great deal about cancer.
They still do not know why some kids get
cancer and others don't.**

Some things they do know about cancer are...

1. You did not get cancer because of anything you did or did not do.
2. ALL kinds of kids get cancer.
3. You cannot catch cancer from someone else.
4. You are just a regular kid...with some cells in your body that shouldn't be there.

What type of cancer do you have?

Draw a picture of how you think your cancer looks!

All about me

We are all different,
and every one of us
is special in our own
way. I am a cool kid,
a cool kid with cancer!



My name is

I am _____ years old

I am in the _____ grade.

I have _____ hair &

_____ eyes.

I am really good at:

Draw a picture of
yourself here

Draw yourself cuddling your Chemo Duck



What is your Chemo Duck's name?

**Draw or write about where you get your chemo.
Make sure you include things you like to have
with you, such as your Chemo Duck
or favorite pillow.**

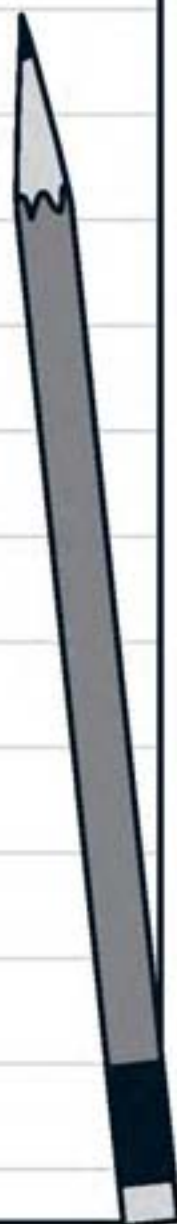


You will probably get medicine called chemotherapy, at home or at the hospital. Chemotherapy is very powerful medicine.



Chemotherapy is so powerful that sometimes it can make you feel sick.

**Cancer treatment is hard on your body.
It also takes a lot of your time. Write
a list of things that you can do
when you have plenty of energy.**



From time to time you may feel more tired than usual. Make sure to get plenty of rest and let a caring adult know if you are tired.

Here are some things you can do when you are tired:

Play puzzles or board games

Read or have someone read to you

Play computer games

Write a story or a journal

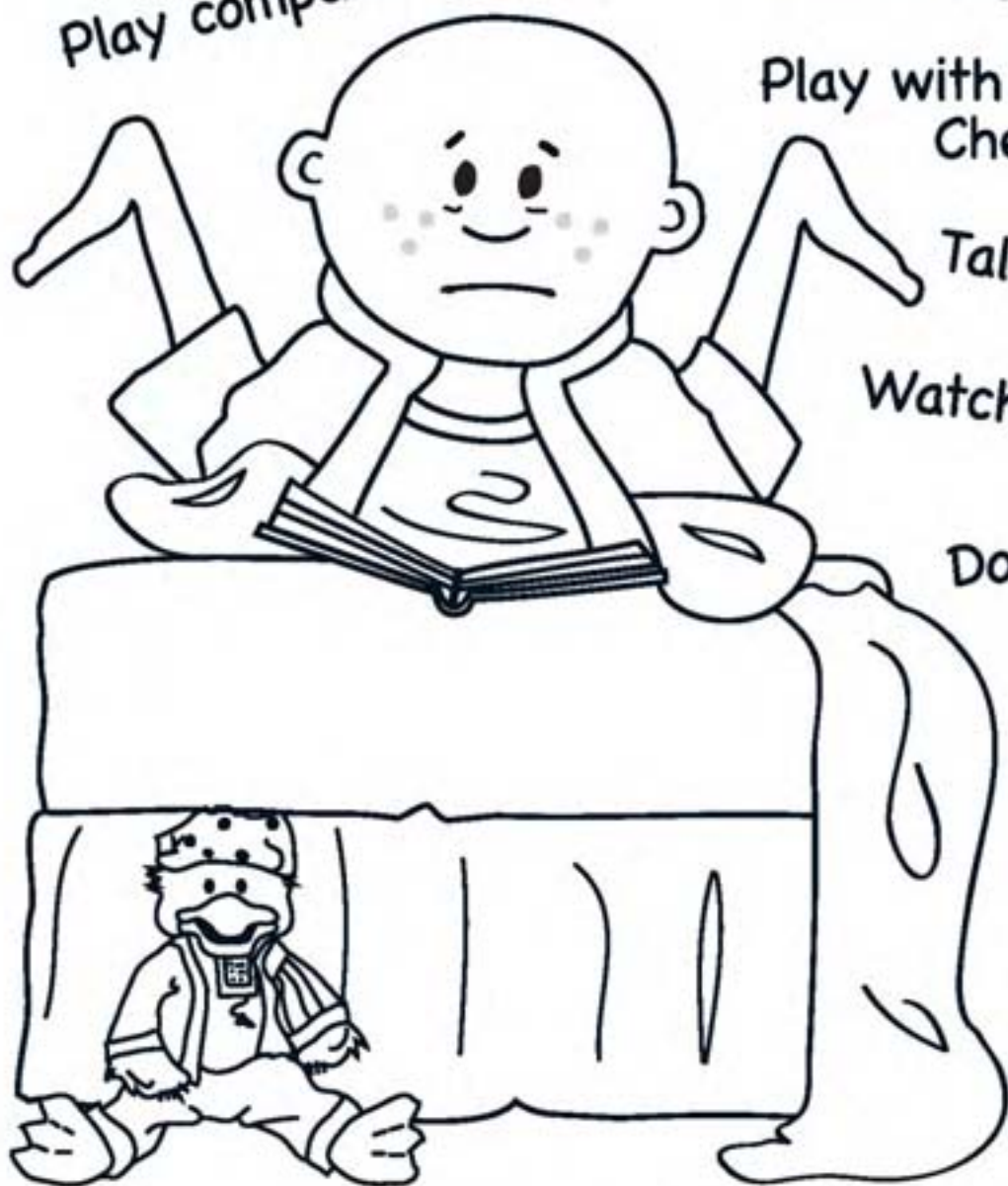
Play with Chemo Duck

Talk on the phone

Watch tv or a movie

Do art projects

Listen to music

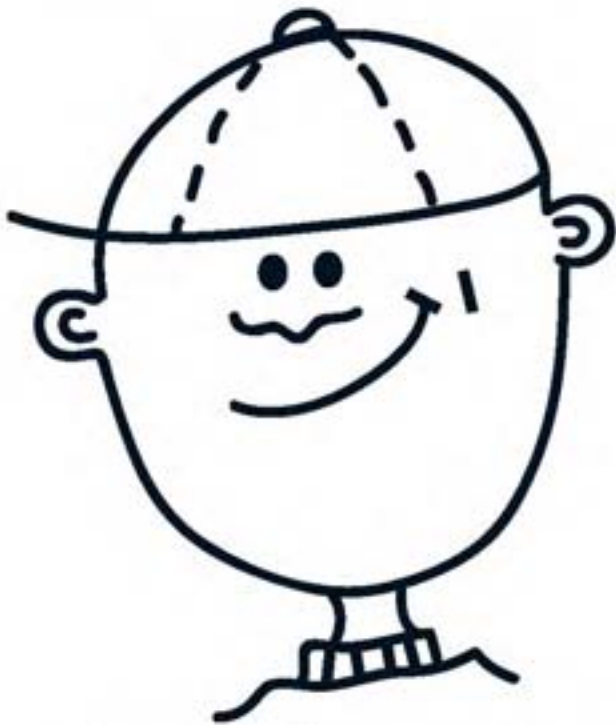


Circle
your
favorites!

Cancer treatment changes your body in some ways. It is important to remember that after treatment ends you should be back to your old self and are still the same person inside! Write down things you like about yourself, and things you like about your body.



Chemotherapy is so POWERFUL that it makes most kids hair fall out.



Some kids wear hats.



Some kids wear bandanas!

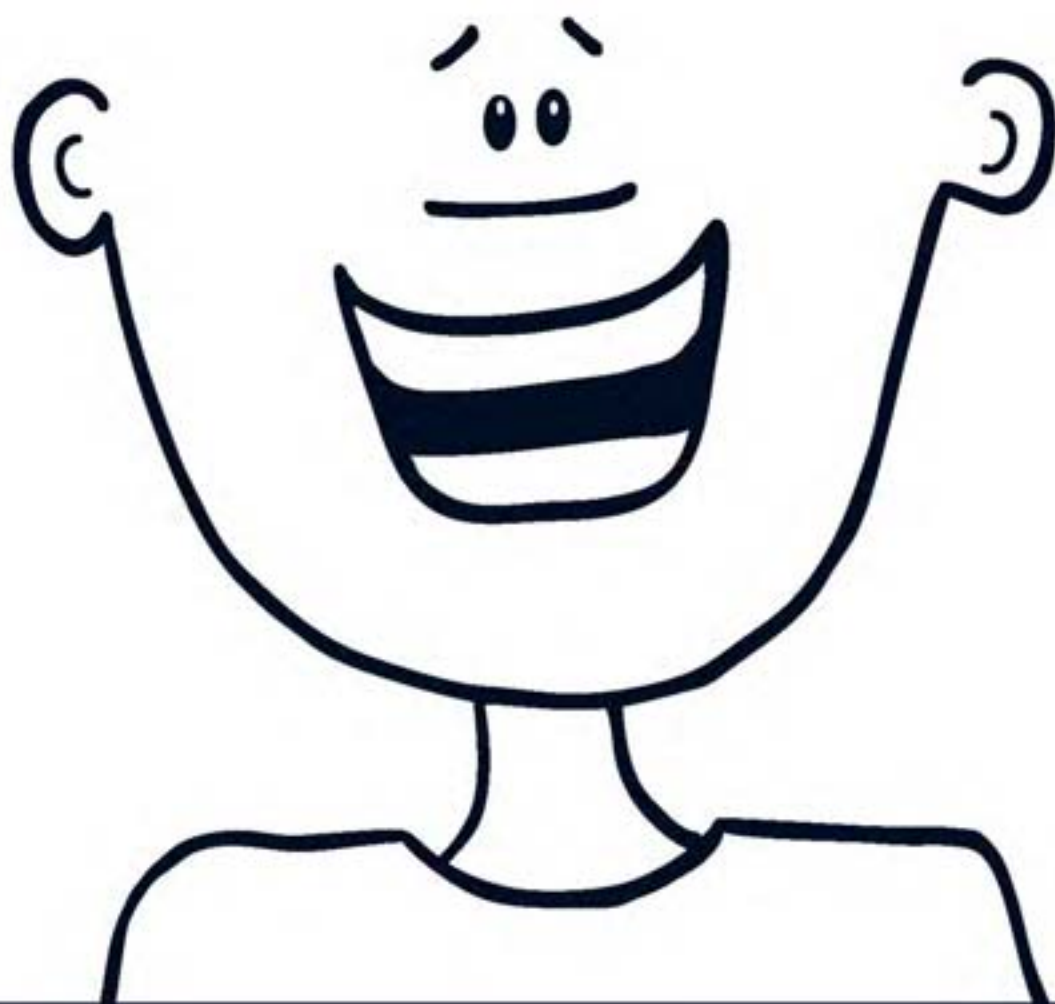


Some kids wear wigs or special hats with hair.



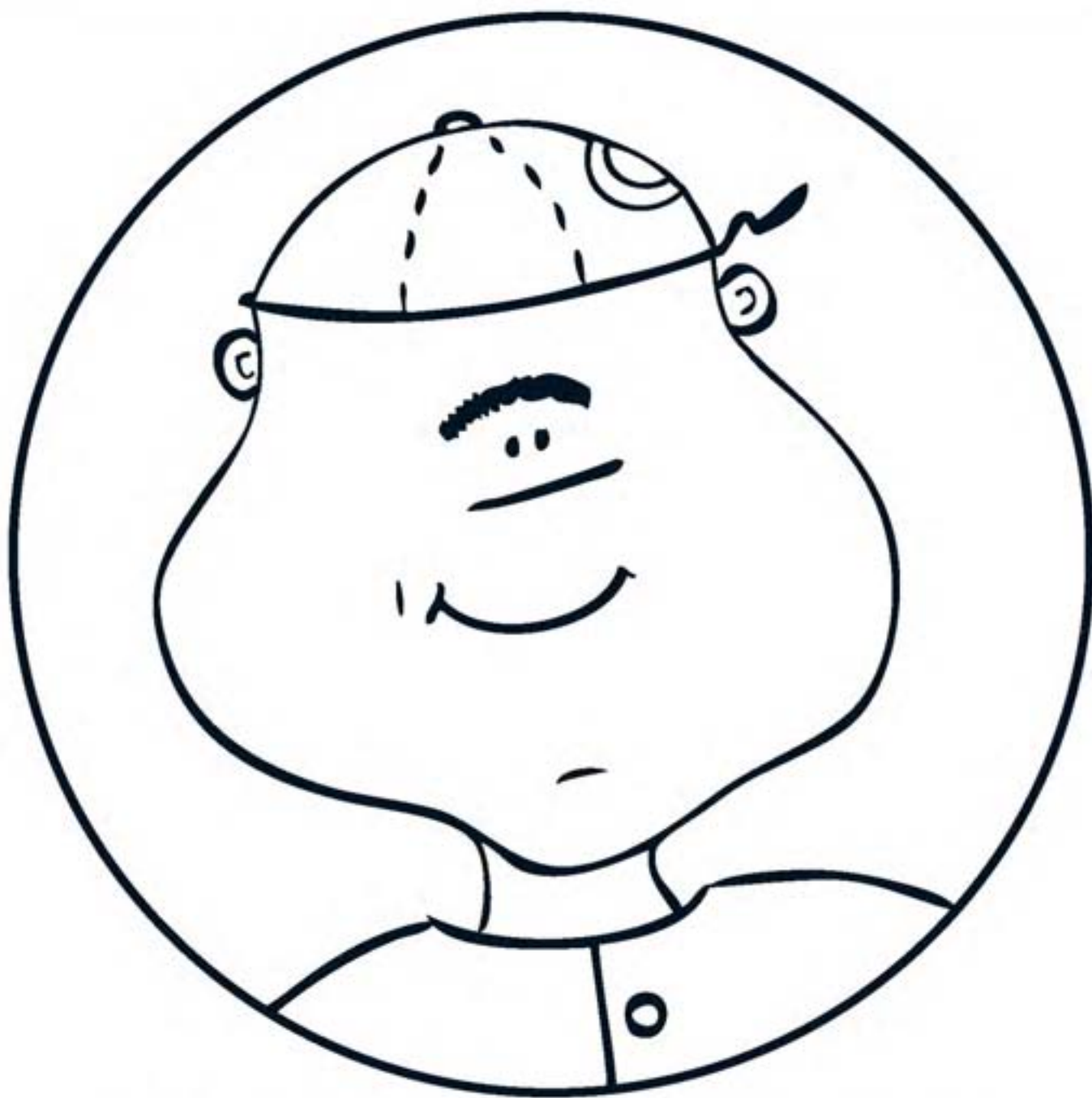
Some kids choose to be bald and proud!

How about you?



**Draw what you think your hair will
look like when it grows back.**

Sometimes you might have to take medicine called steroids. Steroids can make you feel hungry all the time. They can also make your cheeks really puffy and your eyebrows grow! When you stop taking steroids your face will look just like it did before!



Our friend Hannah said she looked “Chumfy” when she took steroids. Can you think of another word to describe how steroids make kids look?

A central line is a great invention to get medicine quickly into your body.

This is what a hickman line looks like under your bandage. The central line goes into your body through a tiny hole that the doctor will make in your skin.



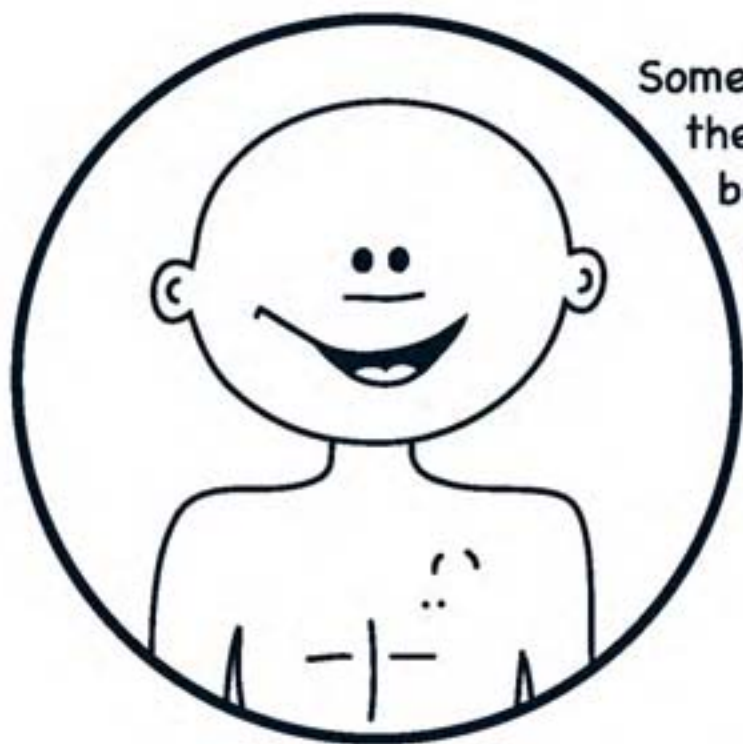
This part is called the "port"



This is what a port-a-cath looks like before it is put in your body

This part is called the catheter

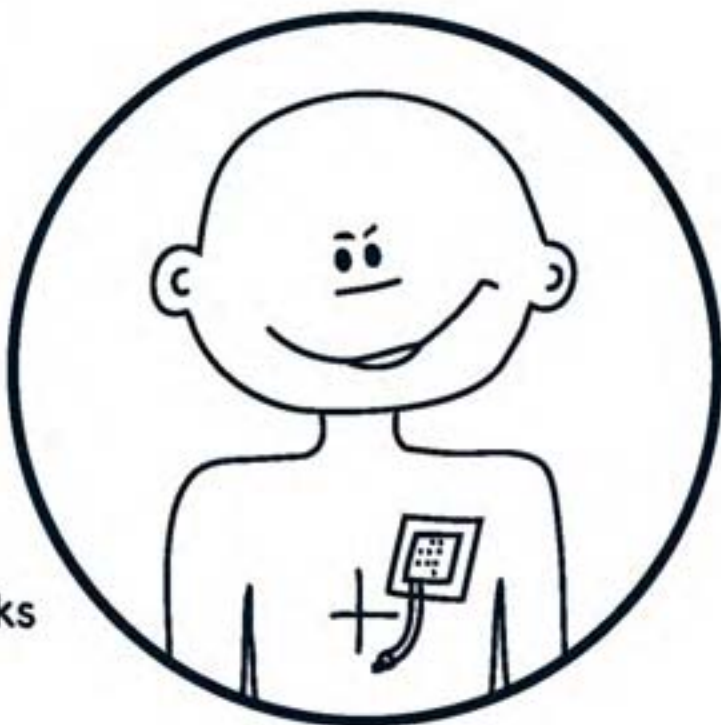
Can you invent something else that could help you during your treatment? Draw a picture of it, or write about it here.



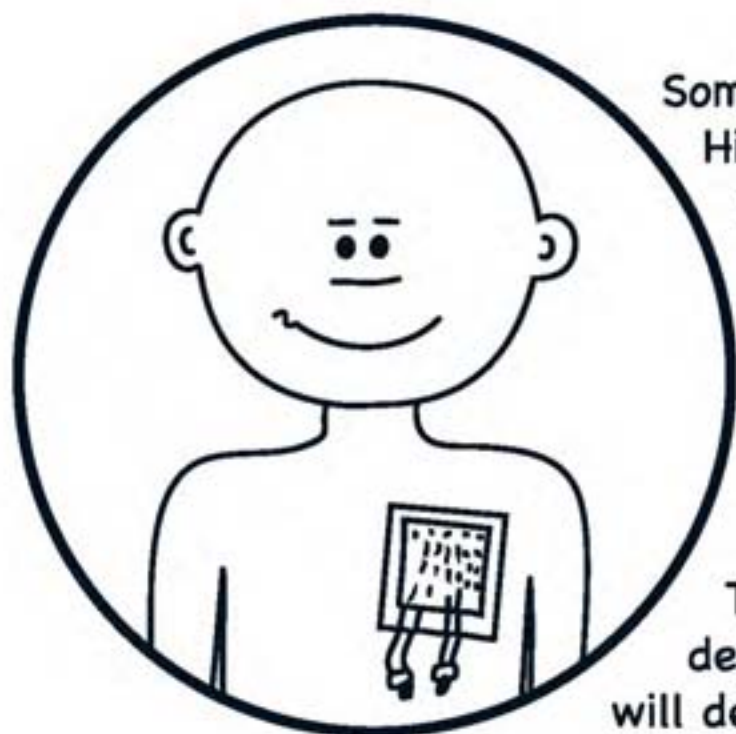
Some kids have Port-a-caths. Each time they visit the doctor the "port" must be "accessed". This means sliding a small needle into the button part of the port. The nurse can now take a little blood for tests.

She can also put medicine into the tube so it gets into your body very quickly.

Most of the time the port just looks like small bump under your skin.



Some kids get Hickman lines. The Hickman line must stay clean and dry. Each week an adult must change the bandage over the line. Some kids have one tube, some kids have two. Your nurse will teach you how to keep your lines dry in the bath or shower.



The type of central line you have depends on many things. Your doctor will decide which will work best for you.

WORD SEARCH

There are lots of new words you will be hearing, some of them are hidden in this word search. Find the solution to the word search and the meaning of the words on the back page.

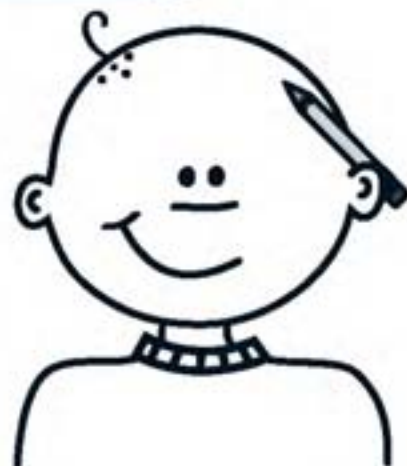


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C	C	K	W	V	A	J	Y	B	C	X	B	Q	O	V	L
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BLOOD TRANSFUSION
CHEMO DUCK
CHEMOTHERAPY
DOCTOR
HOSPITAL
IMMUNE SYSTEM


LINE
MASK
MEDICINE
NURSE
ONCOLOGY
PORT


RADIATION
REMISSION
STERIODS
SURVIVOR



Dr. Melissa has misplaced some items you may see at home or in the hospital. Can you help her find them?


Band aid 


Tablets 

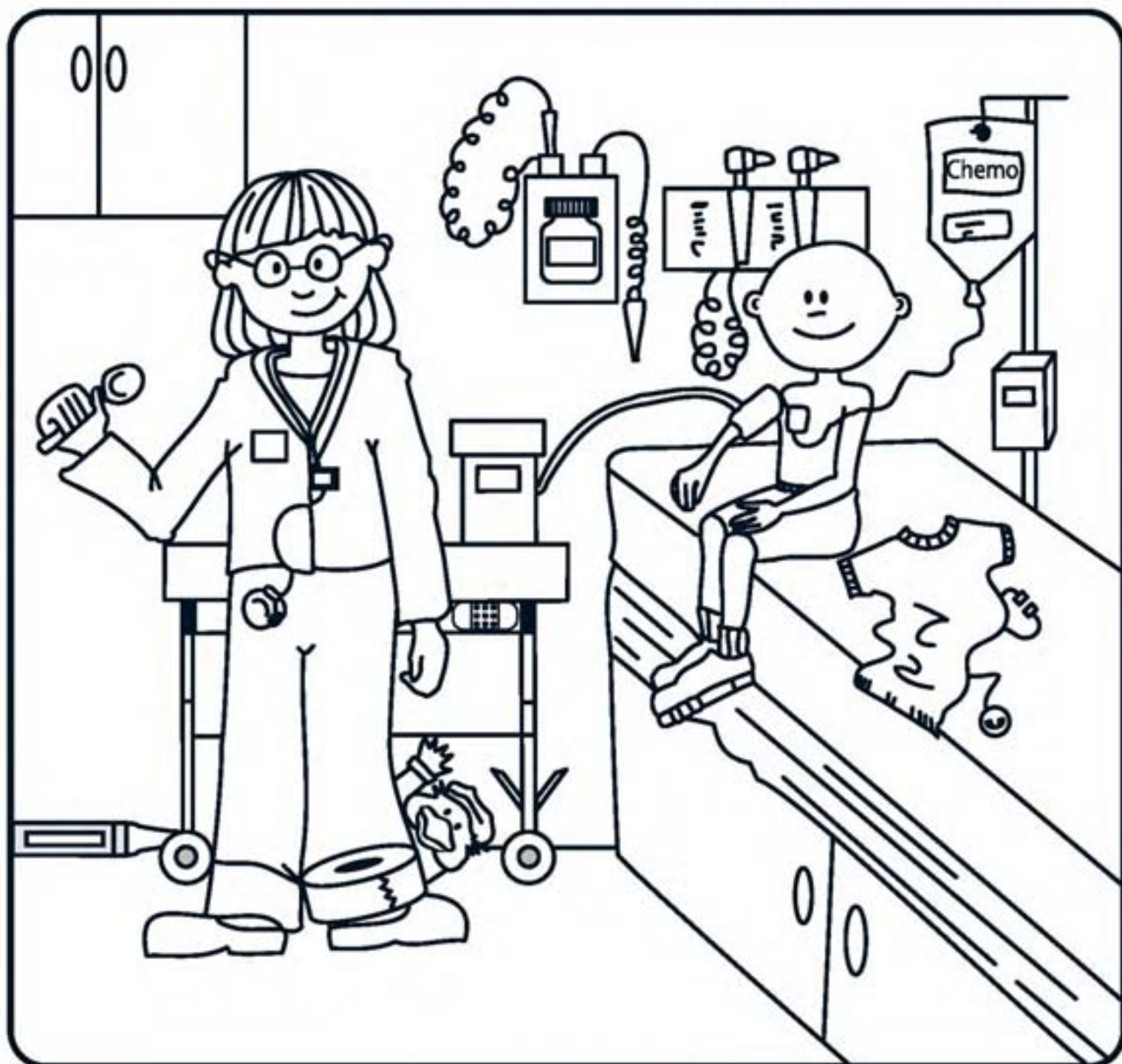
Medical tape 

Thermometer 

Stethoscope 

Sterile wipe 

Chemo duck 





If you are having trouble eating enough, your doctor may suggest a feeding tube. The tube goes in your nose, or sometimes into your tummy. It does not hurt and it will make sure you stay strong enough to play. When the doctor says it is okay, the tube will come out.

Write down some of your favorite foods

SWEET

SALTY



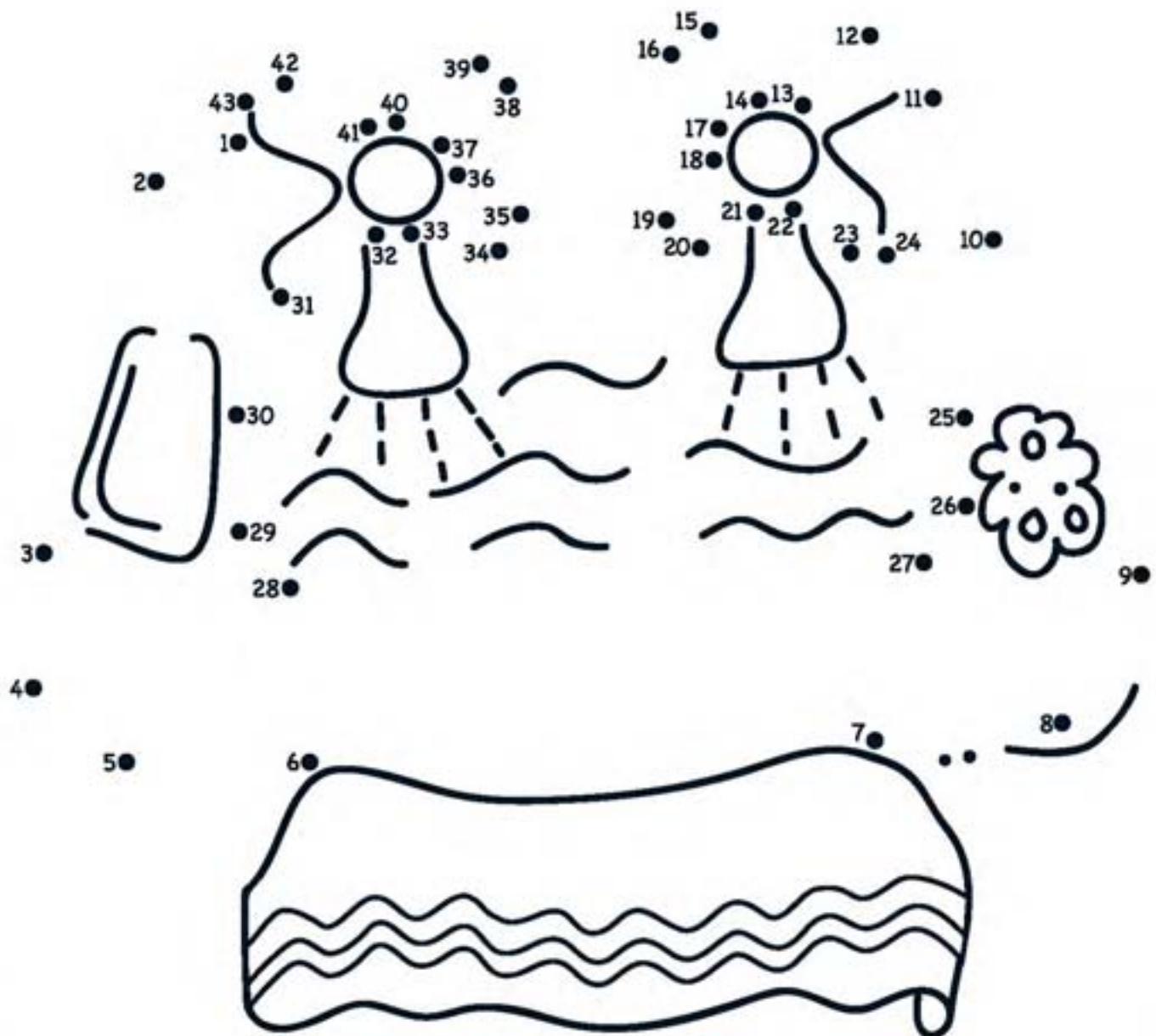
Some days you may not feel like eating. Try to eat whenever you can. Can you draw a picture of what you feel like eating today?



Germs are everywhere around us. Most of the time our bodies can easily fight them off. Chemotherapy makes it harder for your body to stop germs from making you sick. Write or draw some ideas for keeping germs away.



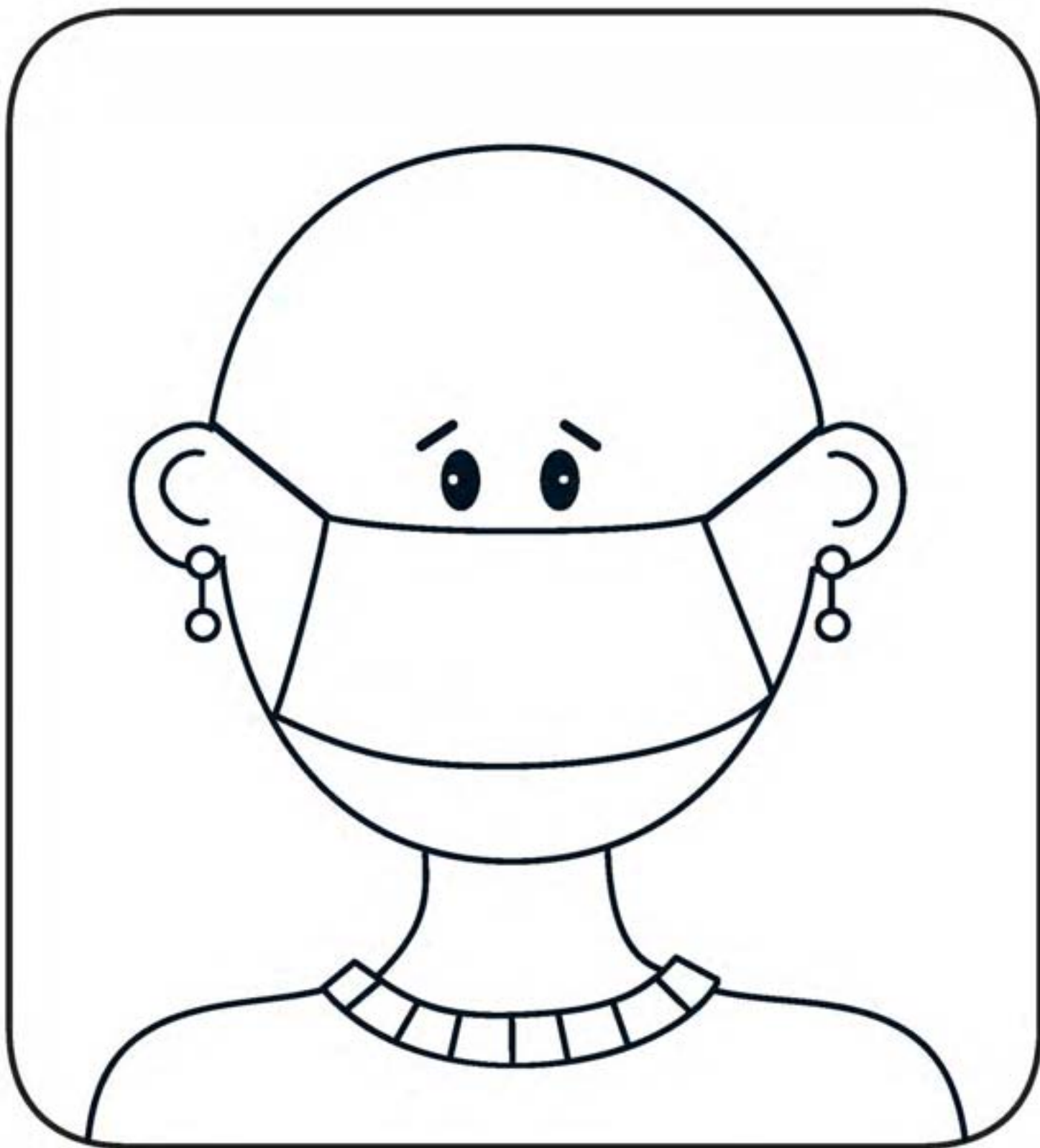
The best way to keep yourself safe from germs is also the easiest. Do the dot to dot to find out what it is!



We all need to wash our hands often. Try singing your ABC's while you scrub your hands to make sure you clean off all the germs.

Because we don't often see a young person with no hair or wearing a hospital mask, people will sometimes stare or make comments. It is because they may not understand about your cancer. What would you like people to know about you and your treatment?





Sometimes Lauren wears a mask when she is outside the house. The mask helps keep germs away. Sometimes Lauren decorates her mask. Can you decorate her mask today?

Some days, when your body cannot fight germs very well you may not be able to go to school or play with friends. Draw a picture to tell your friends how that makes you feel.



It's good to talk about feelings



Confused



Happy



Angry

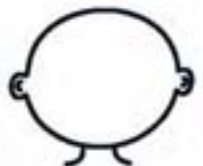
You can always talk to an adult and Chemo Duck if something is worrying you. Remember that your doctor or child life specialist can use Chemo Duck to explain things that confuse you. You can also ask your doctor to give Chemo Duck a check up first to make you more comfortable.

Tell us how you feel...

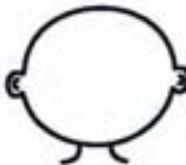
Having cancer makes me feel



Being at the hospital makes me feel

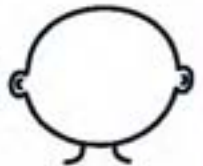


One thing that makes me feel



is _____

Having Chemo Duck makes me feel



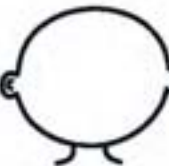
Talking to doctors makes me feel



Knowing I am getting better makes me feel



I would like the doctors to be



when they talk to me



Surprised



Silly



Sad

Sometimes it feels like cancer has taken over your life. No matter how you feel, remember that the treatment is fighting away your cancer. If you feel like you have no control, focus on the choices you DO have!

Choices I can make:

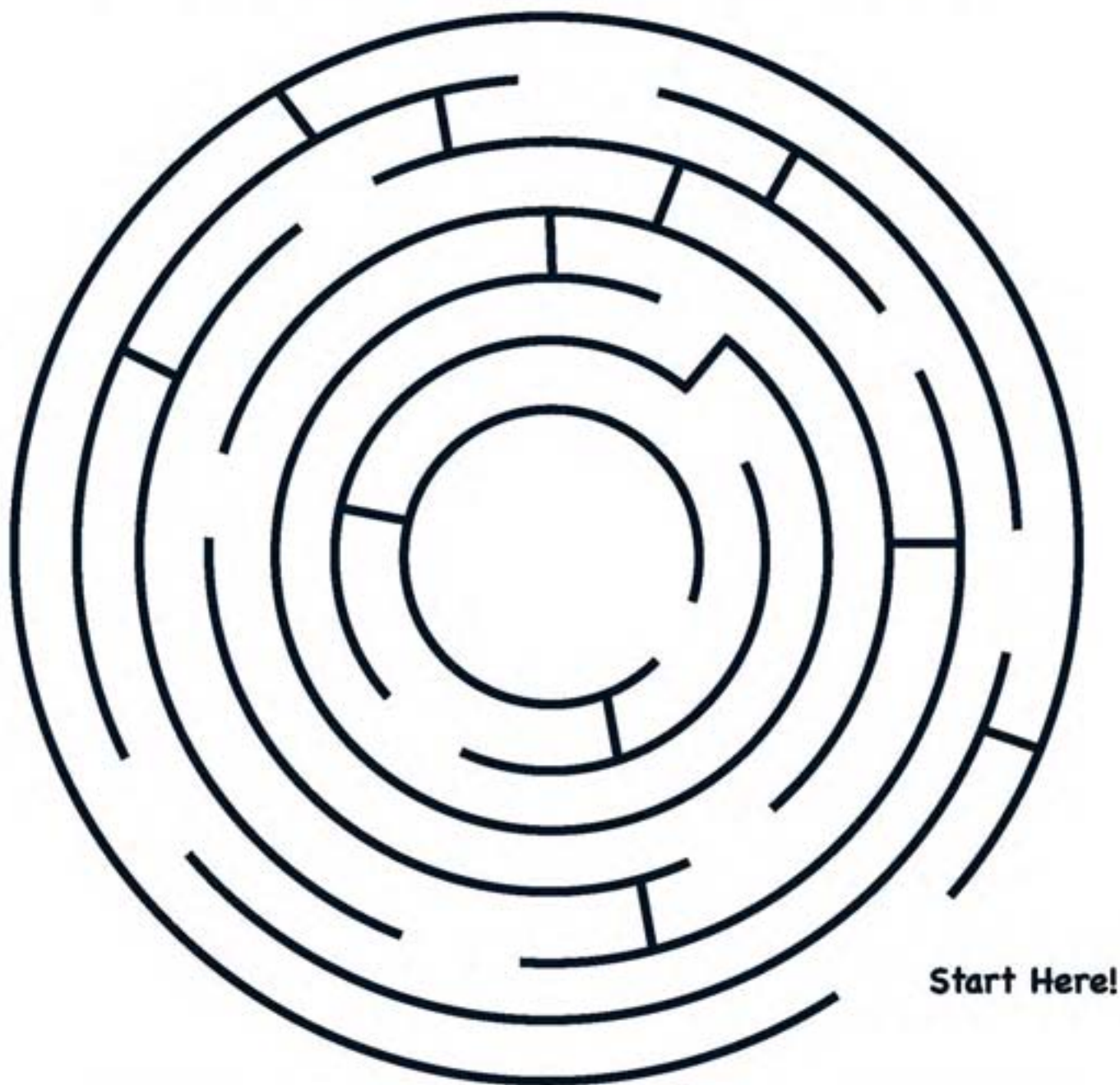
1. _____

2. _____

3. _____

Try to focus on what you would like to do after treatment. What will you do with the rest of your life?

Getting through cancer treatment can feel like a maze. Sometimes it helps to promise yourself something for when you finish treatment. Talk to your parent or caregiver and decide on a treat for yourself when chemotherapy is over. It could be as simple as a new game or cd, or as big as a vacation.



Draw a picture of your prize at the center of the maze and find your way to it!

Gabe enjoys taking care of Chemo Duck so much that he thinks he may like to be a doctor when he grows up!



How about you?
Would you like to be a doctor or a nurse or perhaps something else when you grow up?



Answer Key



page 14



page 15



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Glossary

Blood Transfusion

When you get blood or blood products (like platelets) in your body through a tube in one of your veins.

Chemotherapy

A very strong medicine that fights away cancer cells.

Doctor

A man or woman who goes to many years of school to learn all about the body, illnesses, and diseases and how to make people better.

Hospital

A place where people go who are sick or hurt.

Immune system

Things in our body (organs and cells) that help the body fight against germs, infections and other diseases.

(Hickman) Line

A small tube that helps get medicines into the body. It is put in the body during a surgery.

Mask

Something you can wear over your mouth and nose so you don't share your germs or get germs from others.

Medicine

Usually a liquid or pill that helps pain or sickness.

Nurse

A man or woman who cares for the sick or injured and works with doctors.

Oncology

The study of cancer.

Port (-a-Cath)

A small metal "button" with a tube that helps get medicines into the body. It is put under the skin during a surgery.

Radiation

A big machine uses really powerful rays (x-rays, gamma rays, neutrons, protons) to fight cancer cells and make tumors smaller.

Remission

When cancer cells get a lot smaller or go away.

Steroids

Steroids are made naturally in the body. They are made by small glands found right above the kidneys, called the adrenal glands.

They can also be made outside of the body and used as medicine.

- Some kids with cancer get steroids as chemotherapy (or really strong medicine).
- Some kids with brain tumors get steroids to make swelling around a tumor smaller.
- Some kids with tumors get steroids to help their tummies not hurt.
- Kids who have had a Bone Marrow Transplant get steroids to fight some of the side effects.

**Gabe's My Heart would like to thank the following
for support of the Chemo Duck Program:**



CBL

CBL & ASSOCIATES PROPERTIES, INC.

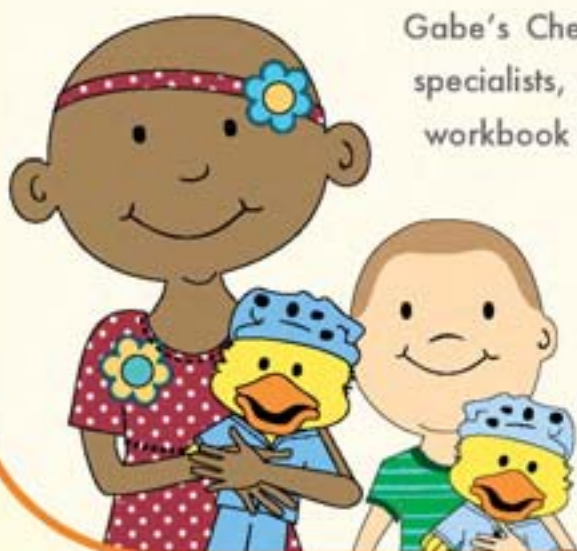


THANK YOU!

I'M STILL ME

A FUN ACTIVITY BOOK FOR KIDS LIVING WITH CANCER

When children undergo cancer treatment, they tend to mature very rapidly. They are quickly introduced to confusing, adult medical vocabulary and led into a world that includes many needle sticks, hair loss, nausea and hospital visits. It can be difficult for a child to find the right words to ask their questions or express how they feel. It can also be very uncomfortable for a parent to initiate a conversation.



Gabe's Chemo Duck Program has worked with child life specialists, social workers and psychologists to create a workbook that is both thought-provoking and educational.

This activity book is designed to deal with each topic in several different ways and appeal to children of all ages. It helps children learn that they are not alone and that they are still the same kid they were before cancer diagnosis.



Huggable hope for children and families living with cancer.