

Let's Get Started!



How to Use your child's

Angel Pack™

What's inside your Parent Care Package

1

PARENT GUIDEBOOK

Guidance on talking to your children about a cancer diagnosis and treatment, how they might react to the news, and ways you can support them.

2

COMMUNICATION IDEAS WORKSHEET

It can be difficult to talk to your children about cancer. Here are some ideas on how you might be able to communicate with them without it being too overwhelming.

3

FAMILY GAMES & ACTIVITIES

This is a list of age-appropriate games and items that require little physical energy (some require a bit of mental energy) for you to continue to have fun and play together.

4

SCHOOL COMMUNICATION FORM

This is to help you communicate with the staff at your child's daycare or school about their grown-up's cancer. It is a good idea to talk with your child and let them know you are going to do this.

For more information about Angel Packs™ please visit **www.mnangel.org**



The Angel Pack™ is designed for you and your child to go through together. It is filled with tools to help discuss cancer in an age-appropriate and comforting way. Angel Packs™ are meant to assure families impacted by cancer that they are not alone.

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Inside your child's Angel Pack™

What is Cancer? Book

This book will help inform your child and lessen their fears about cancer and how it is treated.



5-Finger Breathing Worksheet

This meditative breathing tool is meant to teach children how to slow their breathing when they are feeling anxious or overwhelmed. Once children use this tool, they can use it on their own hands wherever they are, when it is needed.



Medical Play Kit

This kit of real and play medical supplies will help your child explore, learn, and understand more about cancer and cancer treatments. Using this kit and your child's stuffed animal, your child can play out their medical anxieties about their grown-up's cancer diagnosis.



Rory the Lion

Rory is for your child to squeeze when they are scared and to play doctor with using their medical play kit.



Markers

This can be used to decorate and complete activities in this kit.



Silly Lion Matching Game

The Silly Lion Matching Game will help familiarize your child with cancer terms while also having fun.



Emotion Magnets

These magnets are for helping your child identify their emotions. Have them put the magnet frame around the emotion they are feeling.



Daily Calendar Magnets

Put this daily calendar wherever your child will look at it each day. It will comfort them to know what is going on from morning until bedtime.

How Can I Help? Magnets

These task magnets can help your child feel involved in your care. Together you can choose together one to put in their daily calendar each day.

WOW! You Are Amazing! Coloring Book

Some children can feel like they are either in the way or forgotten. It is helpful to raise their self-esteem by mentioning all the things they are good at.



Worry Warrior

Encourage your child to decorate this box however they would like! Use pieces of paper for your child to write or draw their worries, and have their Worry Warrior eat up their worries!