

# The Cellie Cancer Coping Kit



**Cellie**  
Cancer Coping Kit  
[www.celliecopingkit.org](http://www.celliecopingkit.org)

At The Children's Hospital of Philadelphia, we've translated evidence-based, cognitive-behavioral coping techniques into an engaging, developmentally targeted tool: The Cellie Cancer Coping Kit (Cellie Kit). The Cellie Kit is designed to be used by children age 6 to 12 years and their parents. It adds to the range of coping strategies that help children and families deal with the physical and emotional aspects of cancer diagnosis and treatment.

## The Cellie Cancer Coping Kit includes:

- Cellie
  - A plush toy which is integrated into coping strategies
- Cancer Coping Cards
  - 30 cards containing evidence-based techniques specific to cancer challenges
- Caregiver Book
  - A 33-page resource which provides strategies to support children during treatment and to facilitate children's use of the Cellie Kit



# Introduction to Cellie Cancer Coping Kit

The Cellie Cancer Coping Kit can be used by children and their families at home, in the hospital, or any other setting. The Cellie Coping Kit can be integrated into medical care and introduced to the family by a care provider or be used independently by families. The Kit includes introductory material to inform parents how the Cellie Kit can be incorporated into their child's care.

Front of Coping Card Introduction



Coping Card Introduction for Child

Hi! My name is Cellie...

Hi! My name is Cellie and I'm here to help you with your cancer. Cancer can be very tough. I come with Cancer Coping Cards (CCC). The CCC's have some tips that other kids have told me can help with some of the stuff that you might have to deal with. If you have any questions, ask your mom, dad, doctor or nurse.

## USING THE CELLIE CANCER COPING KIT

- Most children, teens and parents are able to adapt to cancer diagnosis and treatment well. However, we know that cancer, treatment and side effects from treatment can be challenging.
- We have developed the Cellie Cancer Coping Kit to provide families with tips that can be helpful as your family navigates the cancer experience.
- The kit includes a "Cellie" stuffed toy, a pack of coping cards, and this booklet.
- Parents are key in helping their children cope with stressful situations, so we developed this book with tips for parents to help their child cope.
- All tips do not work for all children. Review your child's coping cards and help your child choose the cards that are related to their specific cancer experience. Some of the coping cards have spaces for "my ideas" where you and your child can write your family's ideas or supportive messages.
- The colors and categories on the cards match those in this book.
- Practice the tips that you choose before you go to the appointment or hospital.
- The tips are based in research and our experiences working with children with cancer and their families.
- These tips are not a replacement for professional help. If you are worried about your child's or your family's reactions to cancer, talk to your doctor.

Caregiver Book Introduction for Parents

# Caregiver Book Contents\*

## Table of Contents

### ■ Communication

I don't know how much information to share with my child about his/her treatment and diagnosis  
I do not know how to best work with my child's medical team  
All people seem to talk about is my child's cancer and treatment

### ■ Appointments and Procedures

My child gets sick (vomits, headache) on the way to see the doctor  
I need ideas to help my child with needlesticks/port access/spinal taps  
I have a difficult time getting my child to take his/her medications  
My child gets bored at the hospital

### ■ Treatment Side Effects

My child has frequent nausea  
My child's hair is falling out  
My child can't sleep

### ■ Adjusting to Treatment

My child and/or family is having difficulty adjusting to changes in routines  
My child talks about or thinks about cancer a lot  
My child becomes sad, angry, or moody when thinking about cancer or treatment  
My child becomes nervous any time we discuss cancer, treatment, or going to the hospital or to doctor's appointments

### ■ School and Friends

My child is missing a lot of school  
My child is restricted to staying at home or in the hospital and doesn't get to see/misses his/her friends  
I'm not sure what to tell my child's school/teachers about my child's diagnosis and treatment  
Kids tease my child about cancer or cancer side effects

### ■ The Whole Family

I'm worried about my other children  
Supporting everyone in my family is challenging  
I know I should take care of myself, but I can't make time

### ■ Other

Diaphragmatic Breathing  
Family Motto  
Further Reading

\* The Caregiver Book parallels the Coping Cards so that each challenge on the cards is covered in the book. Challenges to the family as a whole are only addressed in the Caregiver Book.

# Using the Cancer Coping Cards and Caregiver Book Together

Back of Coping Card



## I can't sleep

- Talk to your parents and make a bedtime routine.
- Go to bed at the same time every night and wake up at the same time every morning
- Make a schedule of relaxing activities to do every night before bed (like read a book to Cellie)
- Take a bath to relax
- Use belly breathing
- My Ideas: \_\_\_\_\_

Front of Coping Card



Corresponding Caregiver Book Page

## Treatment Side Effects

### TREATMENT SIDE EFFECTS

#### My child can't sleep.

- Set a bedtime routine for your child:
  - Set the same bedtime every night and same waking time every morning.
  - Perform routine activities in the same way each night (for example: brushing teeth, reading a book).
  - Have your child read Cellie a book at night.
  - Turn the TV off before your child falls asleep.
- Have a quiet activity ready if your child wakes up and can't fall back asleep (books, coloring books).
- Help your child use diaphragmatic breathing each night. See "Diaphragmatic Breathing Tips" later in this book.
- Tell your child's doctor about sleep challenges.
- Other ideas: \_\_\_\_\_

For more information, please visit our webpage ([www.CellieCopingKit.org](http://www.CellieCopingKit.org)) or e-mail us at [cellie@email.chop.edu](mailto:cellie@email.chop.edu).

Dr. Meghan Marsac and Anne Vinsel, MFA are co-inventors of the Cellie Cancer Coping Kit. The Children's Hospital of Philadelphia has filed a patent for the Cellie Kit and may benefit financially from it. Revenue will be steered back into research in accordance with CHOP's non-profit status.