

X. CRISIS MANAGEMENT AND EMERGENCY PROTOCOL

A. Crisis Management Team

The Crisis Management Team is composed of the Board Chair, Camp Director, Assistant Camp Director, Medical Director, and Mental Health Specialist, and any other person designated by any one of the foregoing team members.

1. The medical staff is responsible for the physical well-being of the campers and staff, with the Medical Director in charge. In an emergency medical situation, all other camp staff follow the medical staff's instructions.
2. The Camp Director is responsible for communications at the camp level and uses his/her judgment in keeping campers and staff informed. Radios will be utilized to facilitate communication among key staff.
3. At the scene of the emergency:
 - a. Play it doubly safe. If you are not positive, you can handle the situation and get help at once from the nearest authorities. Cooperate fully with the authorities.
 - b. Do not volunteer information to spectators or strangers.
 - c. Be observant and record the essential facts.
 - d. When dealing with reporters, maintain an attitude of cooperation and helpfulness, referring questions to the Camp Director, who will seek the advice of counsel on an appropriate response. If asked about insurance coverage, you are authorized to say only, "It will be referred to our insurance company."

B. Emergency Phone Numbers

A list of emergency phone numbers will be kept by the Camp Director, Assistant Camp Director, and Medical Director. This list includes the number of local hospital emergency rooms. Of course, dialing 911 can access all other emergency services.

C. Emergency Response Plan

The intent of this Emergency Response Plan is to provide staff with direction and guidance in the event an emergency takes place during or because of our camp programming.

1. Medical
2. Active Shooter
3. Fire
4. Aquatic
5. Severe Weather
6. Lost Camper

On-site- Emergency Procedure

1. Notify the Camp Director immediately by radio.
2. The Camp Director will assess the nature of the emergency and relay instructions to the Crisis Management Team.
3. The Camp Director will relay implementation of the fire emergency procedure or the evacuation procedure, if appropriate.

Medical Emergency

1. Medical staff should immediately be notified in the event of any injury, fall, unconsciousness, serious illness, etc. If a radio is not readily available, a volunteer should locate an administrative staff member who will radio to the medical staff, giving the location of the emergency.
2. The most senior volunteer in the area should assess the situation until a member of the medical staff arrives. They should determine what treatment the child may require, render first aid if so certified, and make the child comfortable and warm.
3. Keep the person lying down and offering continual reassurance. The staff member should remain with the injured camper. Keep a cool head. The best policy is to rely on your common sense and judgment.
4. In the event of a medical emergency, the physician in residence is responsible for notifying the parents or guardians of the camper(s) involved, or nextofkin of counselors or other staff. He/she also keeps the medical staff and Camp Director informed, as necessary.
5. During transportation to off-site trips, a member of the medical staff will accompany the group in every vehicle transporting campers.

Active Shooter

1. An Active Shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area; in most cases, active shooters use firearms(s) and there is no pattern or method to their selection of victims.
2. Active shooter situations are unpredictable and evolve quickly. Typically, the immediate deployment of law enforcement is required to stop the shooting and mitigate harm to victims.
3. Because active shooter situations are often over within 10 to 15 minutes, before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with an active shooter situation.
4. HOW TO RESPOND WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY:

- a. **Evacuate.** If there is an accessible escape path, attempt to evacuate the premises. Be sure to:
- Have an escape route and plan in mind
 - Leave your belongings behind
 - Help others escape, if possible
 - Prevent individuals from entering an area where the active shooter may be
 - Keep your hands visible
 - Follow the instructions of any police officers
 - Do not attempt to move wounded people
 - Call 911 when you are safe
- b. **Hide out.** If evacuation is not possible, find a place to hide where the active shooter is less likely to find you. Your hiding place should:
- Be out of the active shooter's view
 - Provide protection if shots are fired in your direction (i.e., a room with a closed and locked door)
 - Do not trap yourself or restrict your options for movement
 - To prevent an active shooter from entering your hiding place:
 - o Lock the door
 - o Blockade the door with heavy furniture

If the active shooter is nearby:

- Lock the door
- Silence your cell phone and/or pager
- Turn off any source of noise
- Hide behind heavy items
- Remain quiet

If evacuation and hiding out are not possible:

- Remain calm
- Dial 911, if possible, to alert police to the active shooter's location
- If you cannot speak, leave the line open and allow the dispatcher to listen

- c. **Act against the active shooter.** As a last resort, and only when your life is in imminent danger, attempt to disrupt and/or incapacitate the active shooter by:
- Acting as aggressively as possible against him/her
 - Throwing items and improvising weapons
 - Yelling
 - Committing to your actions

5. HOW TO RESPOND WHEN LAW ENFORCEMENT ARRIVES

- a. **Law enforcement's purpose is to stop the active shooter as soon as possible. Officers will proceed directly to the area in which the last shots were heard.**

- Officers may wear regular patrol uniforms or external bulletproof vests, Kevlar helmets, and other tactical equipment
 - Officers may be armed with rifles, shotguns, handguns
 - Officers may use pepper spray or tear gas to control the situation
 - Officers may shout commands, and may push individuals to the ground for their safety
- b. **How to react when law enforcement arrives:**
- Remain calm and follow officers' instructions
 - Put down any items in your hands
 - Immediately raise hands and spread fingers
 - Keep hands visible at all times
 - Avoid making quick movements toward officers such as holding on to them for safety
 - Avoid pointing, screaming, and/or yelling
 - Do not stop to ask officers for help or direction when evacuating, just proceed in the direction from which officers are entering the premises
- c. **Information to provide to law enforcement or 911 operator:**
- Location of the active shooter
 - Number of shooters, if more than one
 - Physical description of shooter/s
 - Number and type of weapons held by the shooter/s
 - Number of potential victims at the location

Notes: The first officers to arrive at the scene will not stop to help injured persons. Expect rescue teams comprised of additional officers and emergency medical personnel to follow the initial instructions. These rescue teams will treat and remove any injured persons. They may also call on able-bodied individuals to help remove the wounded from the premises. Once you have reached a safe location or an assembly point, you will be held in that area by law enforcement until the situation is under control, and all witnesses have been identified and questioned. Do not leave until law enforcement authorities have instructed you to do so.

Fire Emergency Procedures

In all these procedures, speed is of the essence but try to remain calm and use good judgment. Your reaction to the situation will affect the way the campers respond.

If you find a fire:

1. Follow the Hilton Hotels' fire emergency procedure, which will be outlined in detail during volunteer training.
2. Counselors will make an advance plan among themselves regarding who will remove the campers from the area, who will radio an alert to the Camp Director and the administrative staff, and who will locate the nearest fire extinguisher.
3. The radio alert will indicate the location of the fire.
4. The Camp Director or his designee will:
 - a. Radio instructions about where the campers and volunteers are to gather. Counselors will conduct a head count.
 - b. Give assignments to the administrative staff regarding stationing near groups of campers to facilitate the evacuation and communicate announcements.
 - c. Contact Hilton Hotels staff to establish communication between the Hilton Hotels staff and the CKAKC staff.

After the fire is out:

1. No one should move from the designated gathering area until the Camp Director has given an "all clear."
2. The Camp Director will give instructions about whether all will return to the activity in which they were engaged before the fire or have cabin time before the next meal.
3. Remain calm, reassuring, following radio instructions, and stay in control of the situation at hand.

Aquatic Emergency Plan

1. In the event of an aquatic emergency, the person with the highest medical qualification/position shall be first in charge. The only time this is not the case is in the event of a rescue when the person in charge is the first person to locate the victim.
2. In the event of a drowning, the lifeguard reaching the victim will administer appropriate lifesaving techniques and will assume the responsibility of the person in charge of the rescue. A member of the medical team will support the lifeguard with life saving techniques and call 911 if appropriate.
3. The volunteer with the highest qualifications/position will signal and assist other personnel and campers to leave the water and the swimming pool or beach area.

4. Aquatic emergency plans will be a part of staff training.
5. The aquatic emergency plan will be discussed with the campers before an activity at a pool or beach.
6. The Camp Director shall be notified as soon as possible if the Camp Director is not in the immediate area.

Weather Emergency Procedures

1. If potentially threatening weather exists, the Camp Director will make all staff aware of the possibility of threatening weather (thunderstorm, extremely high winds, tornado warning, tropical storm events, or even flooding).
2. When away from the campsite, get campers into vehicles or other protective structures to wait out the storm.
3. Stay away from electrical equipment. Do not walk near fences, power lines, or pipelines.
4. Keep away from plumbing and bath facilities; no showers will be taken.

Lost Or Runaway Camper Emergency Plan

A “**CODE PINK**” procedure will be initiated when a camper is reported missing. This radio announcement should be made after a volunteer realizes that a camper is missing after a search of the immediate area. The “**CODE PINK**” announcement will tell the location of the reporting staff.

Immediately:

1. Notify the other volunteer(s) in the vicinity of the emergency.
2. Notify the Camp Director.
3. Question campers regarding information about the missing camper’s last seen whereabouts.

The Camp Director or his designer will determine if authorities are to be contacted if the camp staff is unable to locate the child.

Here are some guidelines to consider as well:

Out of Camp

1. Determine the possible cause of the missing camper. Is he or she lost or wandered from the group, did something cause him or her to run away, did anyone see anything or anyone suspicious in the area?
2. String out (within sight of each other) in a line and circle the area in a clockwise manner, checking the general area in which the camper might be hiding or lying injured.

3. If the missing camper is in an aquatic area, check the water first, then nearby locker rooms or hallways. Follow the Aquatic Emergency Plan if appropriate.

In Camp

1. A ***“CODE PINK”*** alert will be called over the radio along with the location and reporting volunteer. The Camp Director and other administrative staff will evaluate the situation. If deemed appropriate, a radio announcement will be made that all campers are to report to a location indicated in the announcement for a camper count.
2. Available staff will report to the search area to be assigned various camp areas to look for the missing camper.
3. Volunteers with a radio may be assigned to search nearby areas outside the immediate camp area within the hotel.
4. If the immediate area search does not produce results in 10 minutes, the appropriate law enforcement will be contacted by referring to the Emergency Phone list.
5. The Crisis Management Team determines when the parents or guardians are to be notified.
6. Notify all parties when the camper has been found.

Evacuation Procedure

1. Counselors will check the whereabouts of the campers in their care and immediately take the cabin group to the area announced by the Camp Director.
2. In the event of an emergency within the facility, evacuation outside the facility may be necessary. The Camp Director will announce that the Hilton hotel’s evacuation procedure is in place.
3. The Camp Director will make assignments among the Crisis Management Team about where they are to check to confirm evacuation of all volunteers and campers, so a sweep of the area is conducted. Counselors will be responsible for confirming all campers and volunteers' presence.

Death at Camp

In the unfortunate event of death at camp, whether through accident or illness, the matter will be handled in the same manner as a medical emergency, with the physician making the notification of family and the Camp Director performing the duties as outlined.

XI. MEDICAL POLICY

A. General Statement

All camp volunteers are responsible for the safety and good physical care of all children entrusted to our care. The Medical Director and medical staff are especially responsible for ensuring the physical well-being of our campers.

Among other things, the Medical Director will:

1. make an emergency first aid and emergency transportation plan for all camp activities;
2. provide appropriate first aid supplies for all camp activities;
3. educate staff in emergency care and reporting; and
4. review annually all current medical policies with each member of the medical staff.

The medical policies stated herein shall serve as minimal guidelines to all volunteers and must be strictly adhered to by all personnel, except in such circumstances as the Medical Director shall direct.

B. Philosophy of Operation

The camp health program operates under the direct supervision of the Medical Director, in accordance with guidelines provided by the Family Independence Agency, the Children's Oncology Groups' best practice guidelines. All campers, camp personnel and others involved in the program are expected to abide by all policies, rules, and regulations implemented by this person.

The camp's health program is designed primarily to take care of the campers' normal daily needs (such as medication management, first aid needs, and health maintenance) and to refer to specialized medical personnel (such as hospitals) or parents/guardians any special or emergency needs that a camper might have. If a camper should develop a specific health problem that necessitates his or her removal from normal camp activity and requires special health care, whenever practical the camper should be returned to the care of the parent/guardian and return to camp once the problem is resolved.

C. General Method of Operation

1. A physician shall always be on duty for the camp – 24 hours a day. At least one registered nurse will always be on duty to deal with health maintenance and emergency issues.
2. Medications will be distributed at each meal and at bedtime and/or as needed.
3. A medical professional will remain in the medical facility whenever a camper is present in the facility.
4. The medical staff provides an information sheet on each camper to each cabin's Counselors to enable the counseling staff to properly oversee medication times and other patient conditions.

5. The medical staff develops a system for logging medications, treatments, and procedures performed on individual campers. A copy of this log, and any subsequent reports, is returned to each camper parent or guardian if there are any unusual occurrences.
6. When information about a camper's physical, emotional, mental, or family situation is shared with necessary staff for the purpose of providing the optimum medical and psychosocial support to the camper, it remains confidential.
7. Orientation to other camp staff on particular care of children touched by cancer is provided to all camp staff.
8. The "Med Shed" will be housed in a suitable facility that provides protection from the elements, space for treatment of injury and illness, lockable medication storage system, available toilet and available water for drinking and cleaning. There will be at least one bed for every 50 campers and staff and a quiet private room that provides isolation, if necessary.

D. Health Information and Registration Form

The camp maintains a standard Health Information and Registration Form for all campers and staff, including a Physician Form signed by a physician or nurse practitioner. A properly completed form must be submitted, prior to camp, for each camper and staff member attending camp. The health history form includes any current health issues/needs, past medical history, allergy information, and names of the camper's health care providers. All emergency medical treatment consent forms for campers are copied in duplicate – one copy is retained by the Medical Director and the other by the Camp Director. All health information forms will be stored for the time required by Illinois law.

E. Medications

1. The process of collecting medications from campers, caring for them, and dispensing them to campers shall remain the responsibility of the Medical Director and medical staff.
2. All medications shall be stored in a secure location, under lock and key always.
3. Medications will be dispensed to campers in accordance with directions supplied by the camper's parent or guardian and prescribed by the camper's physician.
4. No prescription medication will be administered to a camper unless the prescription is in the camper's name. Prescription medication under parent's name will not be administered to the camper. All medications need to be brought to camp in the original container.
5. Campers often bring a variety of minor medications to camp including cough drops, non-prescribed cold remedies, ointments, vitamins, etc. These items shall also be collected by the nurses from the campers and deposited in the medical facility. They shall be dispensed by the medical staff as per parental and/or physician instructions.
6. Medications may only be distributed by licensed medical personnel.
7. Medications for staff/volunteers must be kept in a secure location inaccessible by campers.

F. Minor Illness

1. Minor illness is defined as those simple minor ailments that are commonly incurred by children. Examples include upset stomach, nausea, colds, sore throat, headache, earache, homesickness, fatigue, etc.
2. Children suffering minor ailments should be reported directly to the staff member who is immediately responsible for their supervision. This staff person shall then refer the problem to medical personnel.
3. At the medical personnel's discretion, the child may be removed temporarily from the normal activity and placed in the "Med Shed" under the nurse's care.
4. A child with a temperature of 100° F or more will be isolated as much as possible from contact with other children for a reasonable period of time. If there is apparent illness after that time, isolation will continue and the option of returning the child home will be considered. If a temperature of 100° F or greater occurs in a child with neutropenia or who has received myelosuppressive chemotherapy in the past 30 days (about 4 and a half weeks), CBC platelet will be obtained, and the child will be seen by medical staff immediately. Handling the problem will be called the Serious Illness Policy guidelines.
5. If, after a reasonable time, the symptoms of the ailment are not alleviated, the Medical Director and or his or her designee shall notify the child's parent or guardian.

G. Accidents and Sudden Serious Illness

1. The physician and/or nurses may care for minor injuries.
2. Minor injuries may be defined as those that cause little physical damage and require little care. Examples include small cuts, bumps, bruises, particles in the eye, and other minor injuries.
3. In the event a camper becomes a victim of a more serious accident or sudden serious illness, the following procedure will be followed:
 - a. The Medical Director, physician and/or nurse shall be immediately notified.
 - b. An immediate attempt will be made to determine the nature and extent of the child's illness or injury and appropriate emergency protocol instituted.
 - c. The Medical Director or his or her designee shall immediately attempt to notify the child's parent or guardian. The child's parent or guardian shall decide the course of action with medical staff.
 - d. In case of a serious accident or illness where it becomes necessary to secure immediate hospital treatment, the child appropriately will be transported to the hospital.
 - e. The Medical Director or his or her designee will attempt to contact the child's attending physician to mutually arrive at a plan to best handle the illness or injury. Such contact will occur as soon as the circumstances of the illness can be clarified. If contact cannot

be made in reasonable time, the camp physician or Medical Director will make necessary care arrangements after discussion with parent(s) or guardian.

- f. Emergency first aid may be given to a camper who is the victim of an accident or sudden illness by any staff member or other adult who is qualified to render such service until the physician, or the nurse meets with the camper.

H. Arrangements for On-Call Health Consultation and Emergency Care Services

Arrangements shall be made prior to camping with a local Pediatric Oncology Program for routine services (laboratory) or Emergency Medical Services (Emergency care, pediatric and adult inpatient care, diagnostic radiology, and laboratory services). A copy of every camper's Health Information Forms will be kept on hand, including off-site activities, if needed to deliver appropriate health care.

I. Medical Procedures for Trips Away from Camp

Procedures for medical emergencies will be in written form and reviewed by the nurse, with each staff member responsible for carrying them out. A copy of each camper's medical history form and parent authorization form will accompany any camper on trips away from the main camp. The Medical Director will establish procedures for dispensing medications while the camper is away from the main campsite. A medical staff member will accompany any group with activities away from the campsite out of radio contact with the main camp. If access to EMS is 20 minutes or less, a person will have nationally accredited first aid and CPR training. If EMS services are 20 minutes away, a registered nurse or licensed physician or nurse practitioner will accompany the group.

XII. COMMON MEDICAL/PSYCHOSOCIAL INFORMATION FOR ALL STAFF

A. Psychosocial Aspects

**** Developments In the Field of Pediatric Oncology***

Two developments in pediatric oncology over the last twenty years have led to the feasibility and desirability of special camps. It has become medically possible to both establish and maintain stable remission patterns and to permanently cure many patients. Because of these increasing survival rates, the psychosocial and developmental needs of young cancer patients are being given much greater attention. Camps can meet some of these needs effectively.

**** The Nonmedical Side of Cancer***

The shift in focus from medical cure alone, to both cure and psychosocial rehabilitation, reflects the natural progression of a successful treatment program. A child who is newly diagnosed is suddenly thrown into a strange new adult world where the cure may seem worse than the disease itself. Family life may be dramatically disrupted as all family relationships are suddenly redefined. The child may fall behind in school and be victim to the social stigma of cancer. Schoolmates may make fun of a child's physical appearance, may make uninformed remarks, or ask a lot of disturbing questions ("When are you going to die?"). There may be fearful preoccupation with thoughts of death, suffering, and relapse. Psychological transformations brought by the disease and treatment process may reduce the effectiveness of future treatments. Being different isolates one from one's peers, significant others, and even one's former self. Thus, when considering a total cure, the medical community cannot overlook the damage that cancer fallout inflicts on a child's mind and spirit. Our mission is to help these kids see themselves as normal kids again or kids that can do normal things.

**** Normal Treatment***

Given the often-traumatic demands of living with cancer, it best views these children as normal with special needs. Kids with cancer do not want to be treated differently; yet, at the same time, some will want you to have a sense of the challenging times they had or are having, without feeling sorry for them. There are also children who should properly be seen as special kids with special needs. Some children who are dying, and for whom normal childhood development is impossible, may fall into this category. On a practical level, the few children you will encounter who fit into this last category are likely to define their own needs, and this will be that you treat them like everyone else.

**** Ability To Handle Special Needs***

Children with cancer have been denied access to regular camps because of fear or ignorance of the camp staff, the campers' disabilities, specific medical needs that could not be met, or the increased risk of infection. Cancer is still the number one disease threat to a child's life, and we believe we have a responsibility to help if we can. For some children, anticipation or the possibility of death may play a real role in the struggle to survive and live well.

Bringing children together who have shared similar life experiences can generate both positive and negative results. The experiences are positive: the children are quite sensitive to each

other's feelings, are less likely to make hurtful fun of one another, and come quickly to each other's aid. It is imperative that the staff, volunteers, and counselors be sensitive and aware of the different issues that arise. Staff and volunteers who do not have professional medical or psychosocial training should not initiate discussions about cancer related matters, nor should they offer directive advice. They are friends that can offer a sympathetic ear and deal with the usual worries of campers but are also advised that a camper's innocuous remarks and concerns may reflect a more severe problem. For this reason, staff and volunteers should be aware of who they can go to for assistance and keep the lines of communication open.

B. Medical Information for All Staff

The Camp Atmosphere

The camp is not to be seen as a place for dying children. Compassion and understanding are appropriate responses to these children whose lives have been disrupted but not pitiful. It is simply defeatist and counterproductive to ground camp in a "last chance for fun" philosophy. This does not mean we should lose sight of the fact that some children will not be coming back, but this realization should provide the motivation for that extra effort it takes to risk sharing ourselves, and to really work at making the program a success.

Sun Protection

Many campers are sensitive to the sun because of the drug and radiation therapies they are getting. Even those who are not sensitive should wear sunscreen to reduce their risk of skin cancer. Apply and reapply sunscreen liberally to the campers and to yourself. The medical staff has sunscreen if the campers do not.

Bug Bites & Rashes

Report all bug bites and rashes to the medical staff.

Allergic Reactions

Know your campers' allergies. Campers may have allergies to food (nuts, shellfish), drugs (penicillin, codeine), or insects (bees, wasps). Think: Grub, Drugs & Bugs!

Scrapes & Twists

Report any twists and scrapes to the medical staff.

Signs to Watch For: Report to the medical staff any of the following symptoms:

- Fever
- Bleeding that cannot be stopped
- Bruising easily (especially if camper is known to have low platelets)
- Unusual pain, including headache
- Shortness of breath
- Reports of blood in urine
- Excessive thirst or vomiting
- Reports of diarrhea

- Sores or ulcers in mouth or on the skin
- Jaundice (yellow tint to skin or eyes)
- Rash, swollen hands or feet (signs of allergic reactions)
- Problems with eyesight
- Persistent headaches
- Decreased or poor appetite

Best Rule of Thumb – When in Doubt Report All Observations to the Medical Staff.

C. Children with Cancer

1. *General Overview and Survival Rates*

Cancer is a group of diseases, each with its own name, treatment and chances of control or cure. It occurs when abnormal cells begin to multiply and grow uncontrollably, crowding out the normal cells. We do not fully understand why normal cells mature, and cancerous cells do not, resulting in the local accumulation and spread of tumors.

Today, a young person with cancer stands a good chance of surviving the disease. From 1951 to 1991, long-term survival of childhood cancer increased greatly. Advances in all types of treatment including surgery, radiation therapy and chemotherapy (anticancer drug therapy), including the use of more intensive treatment regimens, have produced a dramatic increase in survival.

2. *Types of Childhood Cancer*

The types of cancer seen most in children differ from those in adults. Leukemias (cancers of the blood producing tissues), lymphomas (cancers of the lymphatic system), and brain tumors are the most common pediatric cancers. Solid tumors (*i.e.*, bone) affecting other parts of the body such as arms or legs, muscle tumors (Rhabdomyosarcoma) can be seen in any muscle in the body. Wilms Tumor is kidney cancer. Cancers in children are more successfully treated than cancers in adults. They tend to grow more quickly and are, therefore, more susceptible to chemotherapy and radiation.

a. The Leukemias

Leukemia is cancer of the blood forming organs, including the bone marrow, the spleen, and the lymph nodes. When leukemia strikes, the body starts producing many immature cells that do not mature or perform their proper functions. They also interfere with the manufacture of the correct proportion of red cells, white cells, and platelets.

The type of leukemia depends on the type of cell involved. The two major types are *acute lymphocytic leukemia* (ALL) and *acute nonlymphocytic leukemia* (ANLL), which is often used to classify the other less common types of acute leukemia such as *acute myelocytic leukemia* (AML), *acute monomyelocytic leukemia* (AMML), *acute monocytic leukemia* (AMOL), and *acute erythrocytic leukemia* (AEL).

ALL: In 80% of childhood leukemia, lymphocyte production goes haywire, leading to the form of leukemia called acute lymphocytic or lymphoblastic leukemia (ALL). The lymphoblasts (or blasts) stay immature, reproducing when they should not and crowding

the bone marrow so that normal cells do not have enough room to multiply and mature. Eighty percent of all cases are seen in children, with more boys than girls affected. The incidence peaks in late infancy, preschool years, and around puberty. Forty percent of cases occur in children between the ages of 3 and 5.

ANLL: This accounts for 20% of leukemia in children. Unlike ALL, there is no age at which ANLL peaks in children. Its incidence increases with age, from childhood through adolescence and young adulthood to middle age, dropping after age 65.

b. The Lymphomas

Lymphomas, which usually originate within lymphoid tissue, are the second most common malignancy in the young. There are two broad types of lymphoma, Hodgkin's disease, and Non-Hodgkin's Lymphoma. Both are characterized by abnormal masses in the lymph system.

The lymphatic system is a network of nodes and tiny tubes or vessels that drain fluid from spaces in the body's tissues. The lymphatic system destroys foreign matter and produces antibodies to fight infection. Lymph nodes are found in the armpits, groin, neck, mid-chest, and abdomen.

Non-Hodgkin's Lymphoma: In children, non-Hodgkin's lymphoma can arise in the tonsils, thymus, bone, small intestine, or spleen or in lymph glands anywhere in the body. The disease can spread to the central nervous system and bone marrow. This lymphoma is more common in children than Hodgkin's disease. Boys are more affected than girls. The age of onset is about 5 to teens with a peak between 7 and 11. The disease is rare before the age of 3.

Hodgkin's Disease: Hodgkin's disease is the most common form of lymphoma in adults. This disease tends to affect peripheral lymph nodes like those in the neck, rather than those in the trunk. Half of the patients were under age 25 at the time of diagnosis. This malignancy peaks in boys before puberty and in girls in late adolescence.

c. Brain and other Central Nervous System Tumors (CNS)

Tumors of the brain and spinal cord are the most common type of primary solid tumors in children. Leukemia is the only malignancy more common in young patients. There has been less dramatic progress in treating these tumors because they are hard to diagnose and treat. Improvements in neurosurgery techniques and radiation therapy have increased survival so that the diagnosis of a brain tumor is no longer the end of hope. About 20% of all primary brain tumors arise in children under the age of 15, more in boys than girls. There is a peak between the ages of 5 and 10. Radiation therapy to treat brain/CNS tumors may cause learning disabilities and developmental delays in some children.

Spinal Cord Tumors: Spinal cord tumors are rare in children, accounting for less than 5% of all CNS tumors. When they do occur, they are usually metastases (cancers which have spread) from primary tumors located elsewhere.

d. The Sarcomas

Bone cancer is one of the more common types of malignancy found in young people. Most tumors in the bone are metastases from cancers arising elsewhere in the body, although some tumors do originate in the bone. The two main types of primary childhood bone cancer are *osteogenic sarcoma* (most common) and *Ewing's sarcoma*.

Bone and connective tissue tumors account for only about 1% of all human cancers, but in the 10-20-year- age group, they are the fourth most common cancers. Two thirds of all cases are seen in patients under the age of 20. These tumors seldom appear before the age of 4 and peak in early adolescence. -There is some suspicion the growth of bone sarcomas is related to bone growth.

Soft tissue sarcomas are malignant tumors arising from muscle, connective tissue, blood vessels, and fat.

Rhabdomyosarcoma is a muscle tumor. It is the most common soft tissue sarcoma in children. The occurrence peaks between 2 to 6 years of age and again between 15 to 19. Ten percent of cases appear before age 1, and 70% appear in the first 10 years of life. It can occur in any muscle tissue in the body. The most common sites are the head and neck (including eye sockets) and the genitourinary tract. Primary tumors are also found in muscles of the limbs, buttocks, and trunk.

Synovial sarcoma is a cancer, which most frequently affects young adults and is found only rarely in children. The average age of the children affected is between the ages of 10 and 14. The main symptom is a firm, slow growing mass that is only occasionally accompanied by pain. Most synovial sarcomas are in the extremities, especially the ankle, foot, hand, or knee. They appear less often in the chest wall, groin, skull, or neck.

Neuroblastoma: Neuroblastoma attacks the nervous system. It is a highly malignant growth that spreads quickly. The nervous system is the network of organs and tissues that control and coordinate all the body's activities. Though neuroblastoma is a commonly seen childhood cancer, its incidence in the general population is low. Affected children are young with one-third of the diagnoses occurring in the first year of life and one-half in children under the age of two. Only very rarely is it seen in children over the age of four. Males are affected slightly more than females. The disease can rise in nerve cells anywhere in the body, but the primary tumor sites are the abdomen or pelvis. Other sites are the chest, neck, and within the skull, mostly beginning the adrenal gland.

Wilms Tumor: Wilms Tumor is a rare malignant solid tumor of the kidney usually found in children between 1 and 5 years old. It is considered a congenital disorder regardless of the child's age at diagnosis since it arises from embryonic tissue (fetal cells that develop early in pregnancy). This form of childhood cancer peaks at ages 3 to 4 with 90% of cases diagnosed by the age of 8. There is a clear link between a genetic defect in chromosome 11, which produces the colored part of the eye, and subsequent development of Wilms Tumor.

Retinoblastoma is a highly malignant cancer in the retina of the eye. It accounts for 2% of childhood malignancies. This tumor grows rapidly and, if untreated, spreads elsewhere in the body. Some forms of retinoblastoma are known to be inherited, and a

clear genetic link has been discovered. Retinoblastoma is the only childhood cancer with enough survivors over enough generations to study the hereditary patterns. Siblings of retinoblastoma patients have a risk of developing the disease, as one of the parents could be a carrier. The incidence of retinoblastoma is increasing because improved treatment methods have increased the number of survivors who then pass the disease to their children. Most are discovered before the age of 2 with an average age of 18 months (about 1 and a half years). It is rarely found after the age of 5.

3. *Effects of the Disease and Treatment*

The goal of treatment is to remove or destroy abnormal cells by surgery, radiation or chemotherapy, or some combination of these methods. Initial treatment may be intense and then may become more moderate depending upon the young person's response. It may be necessary to continue some form of treatment for many years.

Remission and relapse (or recurrence) are terms used to describe distinct phases of the disease. Remission is present when no detectable evidence of cancer is found. Relapse refers to the return of the disease after apparent improvement or a period of remission. Following relapse, the young person again undergoes treatment to bring about remission. If a complete remission continues for several years (usually 2 to 10), the patient's doctor may begin to consider the person "cured."

Both the disease and treatment can produce physical changes in the patient such as nausea, vomiting and fatigue, which decrease energy levels and the ability to participate in school or other activities. Other changes, which are usually temporary, include weight gain or loss, mood swings, facial fullness and distortion, problems with coordination, difficulties with fine and gross motor control, body marks resembling tattoos (to identify sites for radiation therapy), and muscle weakness. Patients with solid tumors may have surgical changes such as scars or amputation.

Hair loss occurs in many patients undergoing chemotherapy and may be the most disturbing aspect of their treatment. The hair may fall out suddenly or over a period of weeks or months. It may grow back while the patient is still receiving therapy but does not usually return to normal until after treatment is completed. The young person will often wear a wig, hat, or scarf to hide the loss. Any of these physical changes can result in fear of or actual teasing and rejection by peers. This can create a reluctance to resume friendships and return to school. When it does grow back, hair may have an assorted color or texture (*i.e.*, curly, or straight) than before.

Young people with cancer also must face emotional challenges. They fear relapse and the subsequent repetition of treatments. Emotional energy usually spent mastering basic developmental skills is now used to cope with illness. For example, teenagers have difficulty attaining independence so important to their development when disease forces them to be dependent on parents and care givers. In addition, the young person must learn to deal with others who treat them differently because of their disease and may subsequently seem to withdraw, regress, or become belligerent.

Despite the outcome of the disease, it is important to pay attention to the quality of the young person's life. Although they have serious illnesses, they are still growing and developing and have the same educational and social needs as their peers.

4. *The Treatments: Surgery, Radiation and Chemotherapy*

Care of the child with cancer goes beyond prescribing surgery, radiotherapy, or chemotherapy. It includes measures to prevent or lessen any pain or discomfort associated with the disease or its treatment, and anticipation and management of the side effects of the treatment.

Once the child's disease has been diagnosed and the extent or stage is known, the treatment team gets together to decide who will do what and when. The theory of modern management of cancer is basic:

- The surgeon removes the tumor or biopsies from the tumor (depending on the tumor type), if possible (applies only to solid tumors or lymphomas, not leukemia).
- Radiation therapy to clean up remaining cancer cells in the area where the tumor was found; radiation therapy may be localized or given to the entire body.
- Chemotherapy with antineoplastic medications may be given to kill off even invisible clumps of cells that have migrated elsewhere.

Each type of treatment may be given alone or in combination with one or both. This depends on the type of tumor, its location, stage, and numerous other factors like the child's general state of health and age.

Nausea and vomiting are frequent treatment side effects, which have been lessened by the introduction of more effective anti-emetics (antinausea drugs). -Less invasive local anesthetics, such as topical creams, rather than needles, have reduced the pain of many tests and procedures. Antianxiety medications and sedatives ease the anticipatory anxiety and pain frequently experienced with procedures such as bone marrow aspirations and spinal taps. Use of central lines and p-ort-a-caths have reduced the number of needle punctures young patients must endure for blood sampling and intravenous treatment.

The treatment of cancer in children and teens is complex and requires a multi-disciplinary approach. Physicians, nurses, therapists (occupational, physical, and respiratory), technicians, dietitians, pharmacists, child life workers, social workers, psychologists, teachers, volunteers, and personal counselors work to maximize a young patient's physical and emotional wellbeing.

a. Surgery

Surgery is the oldest and still most widely used treatment for cancer patients with solid tumors. Removing the primary tumor sometimes makes even widespread cancer treatable by chemotherapy. Still, surgery plays its most significant role in the initial stages of the disease, when a great percentage of patients can successfully be treated. Unfortunately, not all tumors are operable, depending on their size and site.

b. Radiation

About one-half of all children with cancer receive radiation therapy. It is most often used in the initial stages of the disease, when the cancer is still localized, but too advanced for a surgical treatment. After the primary tumor has been removed, radiation effectively cleans up tumor cells that may have been left behind. It combines neatly with surgery it “gets” the residual local cells that the operation misses, while surgery can handle a large tumor that radiation could not cure. Some tumors that do not require surgery may be cured by radiation alone.

Radiation therapy destroys the cells by eliminating their ability to divide or mature. All tissues and tumors are susceptible to radiation. It may vary from tumor to tumor within the same type and even within the same mass at various times.

There are clear benefits to treating a child with radiation. Radiation therapy does not hurt; individual treatments are not time-consuming (although they may be given daily weeks or months), and they may salvage body functions that surgery would destroy. They usually require little or no hospitalization and, unlike surgery, there is no risk of spreading the tumor during the treatments.

On the other hand, radiation is not without disadvantages. Normal cells will be damaged. In small children and infants, the growth patterns of bones and other tissues can be altered. There is the possibility that a second cancer may appear some years later. If the pelvic area is radiated, sterility may result. These risks must be weighed against the benefits of planned therapy. New equipment has reduced some side effects and enhanced the effectiveness of radiation. Radiation therapy of tumors has rapidly increased the survival rates of patients.

Radiation to the brain and spinal cord may be used as a preventive measure for certain patients who have evidence of leukemia in those areas at the time of diagnosis. Total body radiation is also used sometimes to “turn off” the patient’s own immune system and to eradicate all traces of leukemia or other cancer before a bone marrow transplant.

The dosage and timing of the treatments are critical. It takes expertise to calculate the exact doses that will control the tumor without causing overwhelming future problems. If chemotherapy will be part of the regimen, it may be necessary to alter the dose because some drugs enhance the effects, good and bad, of the radiation. The doctor who plans the timing and length, site, aim and dose of the radiation treatments is called a radiation oncologist or radiotherapist. External beam or teletherapy, projects radiation to the tumor site from a machine in a carefully targeted stream. Therapy is usually given daily, five times a week, over several weeks until the total dose is delivered.

Some of the early side effects of radiation therapy are:

- Hair loss (only in the radiation target zone)
- Depressed bone marrow and blood counts
- Nausea and vomiting (especially if head or abdomen are in target area)
- Diarrhea, constipation
- Fatigue which may be accompanied by dizziness, irritability, a decrease in appetite, vision problems and temperature (if nervous system has been radiated)
- Ear infection, dizziness
- Sore throat and sore or dry mouth

- Headache
- Skin burns

Late effects may not appear for some time; years after the treatments have ended. These include:

- Alteration of growth patterns, especially in the very youngest patients
- Damage to the pituitary gland if radiated, which can lead to short stature
- Cataracts and inflammation of the eye covering and suppression of tears
- Joint stiffness and impaired function if the joint is in the treatment field
- Injury to bladder, bones, kidneys
- Sterility (radiation to the pelvis)
- Bone fragility
- Tooth cavities
- Kidney damage in a single remaining organ
- Smaller breast growth and problems breast-feeding if chest is radiated
- Heart inflammation
- Delay of appearance of teeth
- Second malignancies
- Learning disabilities or developmental delays if brain is radiated

This list looks overwhelming but remember that no child will experience all or most of these side effects. Additionally, the child may have little or no chance of survival if the therapy is not given, therefore the risks may be considered acceptable.

c. Chemotherapy

Chemotherapy, or chemo, is the treatment of cancer with drugs. It has brought about a revolution in the fight against cancer, particularly in children. Because drugs are distributed throughout the body, chemotherapy is used for leukemia and lymphoma if they are known to be widespread at diagnosis. Also, chemotherapy is used for solid tumors that are assumed to have spread at the time of diagnosis. By the time that most tumors are discovered, there is a good likelihood that at least a few of those cells are elsewhere in the body, having been carried away from the tumor by the bloodstream or in the lymph system. Using chemo to find and destroy these cells is called adjuvant or adjunctive chemotherapy.

Currently doctors use many drugs that kill cancer cells. Doctors hope that chemotherapy drugs will help their patients by seeking out and destroying tumor cells hiding throughout the body. These treatments are the best hope for children with the most forms of metastasized cancer.

Most chemotherapy drugs cause a temporary lowering of the blood cell counts. When these counts are low, children and teenagers with cancer have an increased chance of getting an infection. They have more difficulty fighting certain infections and may bleed more easily. They may require transfusions with red blood cells or platelets. A child or teenager who develops a fever or major infection may be admitted to the hospital for intravenous antibiotic therapy.

Episodes of infection can interfere with the scheduling of treatments. Children and teenagers treated with chemotherapy may be given antibiotics to prevent infections. This is called antimicrobial prophylaxis.

Cancer cells can become resistant to individual drugs. Specialists use several drugs at the same time early in the treatment. Drug combinations are used to take advantage of agents that have different methods of action or that work on different schedules.

The drugs are often given over a series of daily visits followed by a few days or weeks of rest. Each series of doses is called a course. The team of specialists, through blood tests and physical examinations, carefully monitors chemo treatments. The major early side effect of most of the individual drugs and combinations is to lower the white blood count, the chief cells that fight infection. The count is checked before giving medications. If it drops so low that there is danger of serious infection, there may be a pause in therapy while the body recuperates. Because many of the drugs are either activated or eliminated from the body by the kidneys or the liver, doctors also watch the functions of these organs carefully.

5. *Central Line: Broviac's and Ports*

Most chemotherapy patients receive a lot of their medication by intravenous injection. This can be a real problem, not only because the drugs are so potent and potentially dangerous but also because young patients have tiny veins.

Drawing blood and starting IVs to administer chemo is painful and stressful for the child and the rest of the team. Now many patients can avoid these ordeals by having a “central venous access line” or “central line.” A central line is a permanent intravenous tube or catheter, which can stay in place if needed. There are two main types of central lines. One type is entirely under the skin (an “internal line”) called a Porta Cath. The other has tubing outside the skin (an “external” line) called the Broviac or Hickman, or PICC line. Both have a long thin tube that reaches the large vein that goes close to the heart. Internal lines cannot be seen once they are under the skin. The internal line is placed in the upper part of the child’s chest by a surgeon in the operating room while the child is under general anesthesia. To use the internal line, a needle is put through the child’s skin into a reservoir.

To prevent infection during the use of the internal line, the skin over it will be washed with antiseptic soap. A substance injected into the port to keep blood clots from blocking it is called heparin. External central lines have tubing outside the skin (usually on the child’s chest). To use this type of line, a needle is placed through the end of the tubing. This is not painful, and it too must be flushed regularly to prevent blood clots. Because of the increased risk of infection among most chemotherapy patients, care of the catheter is especially important to avoid this major complication that may necessitate removal of the device.

It is particularly important that the external central line site be kept clean and dry. Children and teens with an external Broviac must have the medical staff’s permission before they can go into the swimming pool. If these children swim, the external dress **MUST** be changed immediately after the swimming period ends. Campers may have their Broviac dress pinned to their shirts, and care should be taken that their clothes are not pulled on or off.

6. *Communicable Diseases and Chicken Pox*

Infection is serious for children on treatment, and it is the leading cause of serious complications and death. Cancer patients have a significantly higher risk of contracting communicable diseases like colds and childhood illnesses like chicken pox. Chicken pox is considered a medical emergency since it can become a serious illness when contracted by a patient on chemotherapy. The complications may easily become life-threatening. If you have not had chicken pox and plan to attend camp, you **MUST** ensure you are not exposed to chicken pox or shingles for at least one month before attending camp. This does not apply if you have received two vaccinations for chicken pox after chicken (also called the VZV vaccine).

Once a child or teen has been exposed to chicken pox, they must be isolated for 28 days (about 4 weeks). Chicken pox will appear as red spots with blisters. Children are infectious 12 days (about 1 week 10 days) prior to developing the rash until all the lesions are crusted over. Shingles are caused by the same virus that causes chicken pox; however, only those who have had chicken pox can get shingles. You cannot get shingles from others, although those who have not had chicken pox can develop it from contact with shingles.

While infections are caused by bacteria, viruses, and fungi, it is difficult to isolate the campers in the camping environment. Therefore, the most important way to fight off unwanted bugs is hand washing, not just for the child in therapy, but for everyone!

7. Blood Counts

a. White Blood Cell (WBC) Counts

Description: White blood cells are an important part of the body's defense system, and they respond immediately to foreign invaders, going to the site of involvement. High white blood cells may indicate a poorly functioning immune system. High white counts may also indicate an infection. Low WBC means the patient is at increased risk of infection.

Implications: If a low WBC is present, ensure that the child is protected from chicken pox and the germs associated with a “common” cold. A low WBC makes the child prone to infections which can be life threatening to the child with cancer. If high WBC is present, watch the child for signs of infection or inflammation (*i.e.*, elevated temperature, fatigue, and increased pulse and respiration rate). Report these observations to the medical staff immediately.

b. Hemoglobin (Hgb)

Description: Hemoglobin is a protein substance found in red blood cells. Hemoglobin is composed of iron, which is an oxygen carrier. Abnormally high hemoglobin levels may be seen because of hemoconcentration. This may be caused by dehydration. Low hemoglobin values are related to various clinical problems (*i.e.*, anemia, iron deficiency, severe hemorrhage, chemotherapy treatment, and leukemia).

Implications: Low Hgb – watch for signs and symptoms of anemia (*i.e.*, dizziness, increased pulse, weakness, and difficulties breathing at rest). Report immediately. High Hgb – watch for dehydration (marked thirst, poor skin color, dry mucous membranes,

and shock-like symptoms). Always make sure that the children and fellow campers alike have plenty of fluids.

c. Platelets (Plt)

Description: Platelets are needed for blood clotting. Thrombocytopenia (low platelets) is commonly associated with leukemia. Platelet counts may be decreased if a child is being treated with chemotherapy. Low platelets can cause bleeding.

Implications: Low Plt – watch the child for signs and symptoms of bleeding (*i.e.*, from gums, bruising on skin or rectal or urinary bleeding). Encourage the child to avoid contact with sports and rough play and to avoid injury, as this may cause bleeding. In the event of an injury (*i.e.*, open wound), apply pressure to sit with a clean cloth and contact the medical staff immediately. Any other obvious signs of bleeding must be reported to medical staff.

D. Siblings of Children Living with Cancer

Camp Kids Are Kids Chicago is proud to offer all the children in a family touched by the cancer diagnosis, including the siblings of children living with (and beyond) cancer. There are many reasons why siblings are an important part of our camp family, just a few are listed below:

1. SIBLINGS of Pediatric Oncology Patients:

- a) Miss as much school, but for varied reasons
- b) Bounce around between family and neighbors
- c) I feel very acutely that the world has turned their backs on them. They feel they have become invisible
- d) Internalize that they have done something wrong
- e) Show a significant increase in percentage of anxiety, depression, and suicide
- f) Look to make a connection, a feeling they belong and are being paid attention to, and these connections can be Negative or Positive.
- g) Negative/Destructive: Gangs, Anti-Social Behaviors, & Drugs
- h) Positive: CAMP
 1. The camp experience can give siblings a sense that they are important, worthy and validate that they are normal and so are their feelings, they are just in an "unfortunate situation".
 2. The camp experience can help lead siblings onto a Post Traumatic Growth Trek not Post Traumatic Stress Disorder
 3. The camp experience has helped siblings recognize their ability to help and these siblings have become true leaders in the field of giving and taking care of others (like they have been doing for their sick sibling)
 4. Camp offers the opportunity for social networking with those that share common ground, a community where you can feel safe and supported. Siblings need to camp, too.

The following information can be found at: <https://www.cancer.net/blog/2017-05/how-help-healthy-children-cope-when-sibling-has-cancer>

2. How to Help Healthy Children Cope When a Sibling Has Cancer

When a child is diagnosed with cancer, family dynamics will change. Those changes can be extra hard for their siblings. Understanding their viewpoint—and all the emotions and behaviors that go with it—makes it easier to meet their needs.

And while there may be challenges, at the same time, many children respond to a sibling with cancer with enormous love, care, and support. Parents often see other positive changes in siblings of a child with cancer, including more empathy and compassion, greater self-esteem, closer relationships with siblings and parents, and greater insight into the things that really matter.

3. These are 3 tips to help you with understanding our Sibling Campers:

1. Recognize emotions that siblings may feel

The brothers and sisters of a child with cancer experience *a lot* of emotions, many of which are like those felt by you and other adults. Age and coping skills affect how a sibling may react. Here are some common feelings:

- a. **Fear and anxiety.** Younger children may fear they caused the cancer somehow or that they might “catch” it. Others worry about what will happen to the family because of cancer. Or they may fear that their brother or sister will die.
- b. **Anger, jealousy, and resentment.** Healthy siblings can be angry with their parents for not having as much time for them. They may be angry at the child with cancer for this, too. Siblings may resent that the child does not have to do chores or go to school.
- c. **Feeling alone.** Healthy siblings may feel left out, especially if most activities as a family involve the hospital and doctors’ visits. Our siblings may feel that they have lost the friendship of the child with cancer. Siblings may also miss time with friends, if you cannot take them to regular social outings due to the demands of a child’s cancer treatment.
- d. **Guilt.** Often, healthy siblings feel guilty for not being sick. They may feel guilty for having bad thoughts or saying mean things to the child or for having any of the common emotions mentioned above.
- e. **Sadness and grief.** Siblings may feel sad for the child with cancer and for their parents. They may feel sad that everything seems to have changed and grieve the loss of a “normal” family life.

2. Understand what behavior to expect from siblings

Children often do not know how to talk about their feelings, so they express them through actions. Every child is different, but common and normal responses from healthy siblings can include:

- a. Misbehaving or acting out in negative, attention-seeking ways at home or school
- b. Increased anxiety, such as not wanting to leave their parents or to go to school
- c. Withdrawing from the family or wanting to be alone
- d. Acting younger, such as a preschooler wanting to go back to diapers or an older child using baby language
- e. Demanding or entitled behaviors, such as wanting a new toy during every trip to the store
- f. Having physical symptoms, such as headaches, stomachaches, or bedwetting
- g. Having trouble sleeping and/or bad dreams
- h. Being moody and irritable, including temper tantrums, fighting with parents or siblings, or crying a lot
- i. Performing worse in school or having a challenging time focusing on homework
- j. Doing "extra good" deeds to try to take care of the rest of the family

3. Help siblings cope

There is no way to “fix” every fear or feeling. But now that you know the emotions and behaviors to look for, you can help your children cope with the stress and emotions that a cancer diagnosis brings. Here is how:

- a. **Be open about cancer.** Give healthy siblings age-specific, honest information. Explain that cancer cannot spread to other people and that doctors are doing all they can to help their brother or sister get better. Encourage questions and provide frequent updates, which can help siblings feel less anxious when answering questions from teachers and friends.
- b. **Reassure them that they are loved equally.** Remind them that if they were sick, you would be just as focused on helping them get better. Explain that your child’s cancer is nobody’s fault. Let them know how happy you are that they are healthy.
- c. **Acknowledge feelings and worries.** Reassure them that their feelings—whatever they may be—are normal and okay. Help them express themselves through writing in a journal, artwork, or play. Tell them that you also feel sad, scared, and even angry, and explain how you cope.
- d. **Spend time with them.** When possible, at least 1 parent should spend some time with healthy children every day. “Family time” is not about a big event or outing. It can be simply preparing a meal or watching a favorite show together. If you cannot be there physically, talk on the phone or have a video call. Ask about their day and activities that are important to them. Tell them how much you miss them when you cannot be there.
- e. **Let them make decisions.** Try to let siblings make choices about things that affect them.
- f. **Encourage them to do things they enjoy.** Tell them it is still okay for them to have fun.