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PRAISE & SELF-ESTEEM



Good Job!

By Adam Fortune, MSW

As parents, we all want our children to grow up with confidence in their abilities. I think one way parents believe this is accomplished is by praising children.

There have been many recent articles on praise and how to praise your children. The research has shown that praising a child too much can actually backfire.

Children who are constantly praised have a false sense of confidence, which leads them to believe that they can do anything. When faced with a challenge, these children tend to back away from the challenge for fear of failing. However, children who are praised for the effort they put into to a task were much more willing to take risks and tackle new challenges.

Here are some examples of praising effort rather than outcomes *:

- If a child strikes out a few times during a ball game and then finally gets on base with a good ground ball up the middle, they deserve praise. You should praise their resilience and willingness to push through when the going got tough.

(continued on page 2)

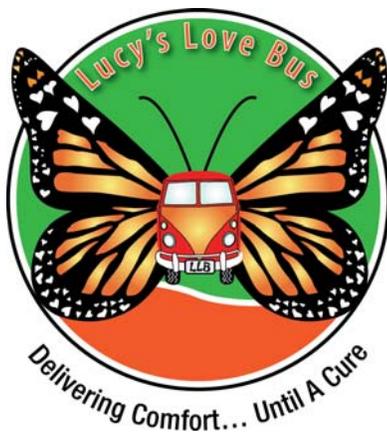
Good Job!

- If your child is usually a responsible student who consistently does well in math, for example, you can recognize their good study habits. But you don't need to go overboard every night when they sit down to hit the books, if that's their normal routine. Give your praise when your child has done something special that's out of the ordinary.
- When your daughter practices for weeks and finally learns to ride a two-wheel bicycle, give her praise for sticking with it.
- When your son jumps on an amusement ride, you can tell him he is brave and adventuresome, but don't overdo it with the praise, since he's not really working hard - he's having fun.

I know that, as a parent, I found reading about this topic extremely helpful. I know that I have fallen into the trap of overpraising my children, thinking this is how I am going to help them be confident and resilient.

Moving forward, I am going to put thought into why I am praising my children. Quality rather than quantity seems to be more helpful for them in the end.

* Excerpted from www.webmd.com/parenting/guide/the-right-way-to-praise-your-kids?page=2.



Lucy's Love Bus Partnership

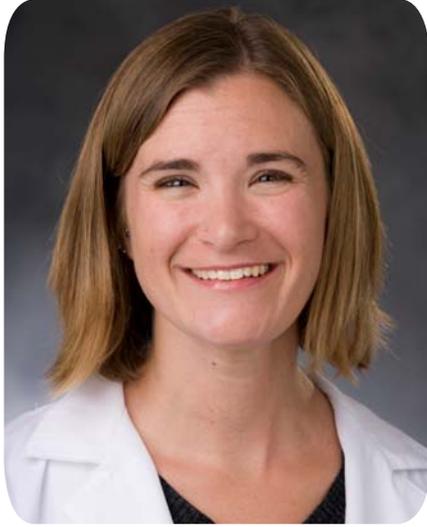
We are pleased to announce a new partnership with Lucy's Love Bus. As many of you know, Lucy's Love Bus's mission is to provide integrative therapies to children receiving treatment for cancer at no cost to families.

Over the years, Lucy's Love Bus has allowed children to access a range of therapies, including massage, Reiki, swimming and therapeutic horseback riding.

We are excited to announce that Lucy's Love Bus has secured a grant that will allow The University of Vermont Children's Hospital to offer yoga and music therapy to children who receive care at the Children's Specialty Clinic and the Inpatient unit. We are currently in the final phases of getting this pilot project going.

Please feel free to ask child life or Adam Fortune about this project next time you're at the hospital.

Lucy's Love Bus is a non-profit organization that provides pediatric cancer patients access to integrative therapies, such as music therapy! For more about Lucy's Love Bus, go to www.lucyslovebus.org/.



Welcome Jessica Heath, MD

Jessica Heath, MD, grew up and completed most of her training in upstate New York. She moved to North Carolina in order to complete her fellowship and research training at Duke University. After spending two years on the Duke faculty, she is joining our pediatric Hematology-Oncology practice here at UVM Medical Center. Heath has conducted research on the mechanism of leukemia development in children and will continue that research here at UVM. She has a special clinical interest in adolescent and young adult oncology and hopes to continue working especially closely with this group of patients. She will be moving to the area with her husband and two young children. She is very excited to join our group and begin work!

Walk for Wishes

September 13, 2015

Shelburne Museum

Shelburne, VT

Sign up now for the Walk for Wishes and Family Fun Day at Shelburne Museum to benefit Make-A-Wish Vermont!

Carousel rides, an obstacle course, face painting, museum passes, great food and more, all to benefit Make-A-Wish Vermont in our mission to grant wishes to children with life-threatening illnesses.

You can help Make-A-Wish Vermont grant a wish in just three easy steps!

Step One

Choose your team! Bring the kids, your friends, your friends' kids, your coworkers, your bowling team, your grandkids! The more the merrier and the more funds we can raise.

Step Two

Register your team online!

Register your team easily here: <http://j.mp/walkforwishes2015>

Step Three

Join us for a great time!

The festivities start at 10 am at Shelburne Museum!

Join us for a good time and help us give strength and hope to children with life-threatening illnesses and their families that love them.

For More Information

Call: (802) 864-9393

Email: makeawish@vermont.wish.org



Sun Safety: How to Have Fun Without Getting Burned!

Children's Health by UVM Children's Hospital



Summertime has finally reached Vermont! It is important to take advantage of these warm days to get outside and experience all that our beautiful state has to offer. But, with the fun can come sunburn and sun damage. **Most kids rack up a lot of their lifetime sun exposure before age 18**, so it's important that parents teach their children how to enjoy fun in the sun safely. With the right precautions, you can greatly reduce your child's chance of developing skin cancer.

Follow these simple rules to protect your family from sunburns now and from skin cancer later in life:

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella, or a stroller canopy.
- When possible, dress yourself and your kids in cool, comfortable clothing that covers the body, like lightweight cotton pants, long-sleeved shirts and hats.
- Select clothes made with a tight weave: they protect better than clothes with a looser weave. If you're not sure how tight a fabric's weave is, hold it up to see how much light shines through. The less light, the better. Clothing with built-in sun protection is becoming more available as well. Look for labels with UPF 50+.
- Wear a hat with a broad brim (three or more inches wide) that goes all the way around the crown of the head, if possible. A cap with a brim that faces forward also provides some minor shielding of the upper face.
- Limit your sun exposure between 10 am and 4 pm, when UV rays are strongest.
- Wear sunglasses with at least 99 percent UV protection (look for child-sized sunglasses with UV protection for your child).
- Use sunscreen.

Sunscreen

Sunscreen can help protect the skin from sunburn and some skin cancers, but only if it is used correctly. Keep in mind that sunscreen should be used for sun protection, not as a reason to stay in the sun longer.

Use a sunscreen that says "broad spectrum" on the label. That means it will screen out both UVB and UVA rays. Or you can use sunscreen with zinc oxide or titanium dioxide.

Use a sunscreen with an SPF (sun protection factor) of at least 30. The higher the SPF, the more UVB protection the sunscreen has. It is a myth that sunscreen higher than SPF 15 does not provide extra protection. The number SPF you actually get largely has to do with how it is applied. See tips on application below.

For babies younger than 6 months: Use sunscreen on only small areas of the body, such as the face, if protective clothing and shade are not available.

For babies older than 6 months: Apply to all exposed areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe the eyes and hands clean with a damp cloth. If the sunscreen irritates her skin, try a different brand or try a sunscreen stick or sunscreen or sunblock with titanium dioxide and/or zinc oxide. If a rash develops, speak with your child's doctor.

Avoid tanning beds. There is no such thing as a "safe" tan, unless it is from a self tanning lotion or spray (be careful not to inhale the spray though!). A tan is a sign that the skin has been damaged by the sun.

Sun Safety

The most important part is to use sunscreen *regularly* and to use *enough*.

Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet and hands – and even the backs of the knees. Rub it in well. Sunscreen has to be applied thickly enough to attain the number on the bottle. Most of us apply it too thinly. A good rule of thumb is an entire shot glass full, or 1 oz., for an adult's body.

Apply sunscreen 15 to 30 minutes before going outdoors to give time for the sunscreen to bind and absorb into the top layers of the skin. Use sunscreen any time you or your child might sunburn. Remember that you can get sunburn even on cloudy days. Also, UV rays can bounce back from water, sand, snow and concrete, so make sure you're protected.

Reapply sunscreen every two hours, or after swimming or sweating. Sunscreen wears off after swimming, sweating, or just from soaking into the skin. Certain chemical sunscreens also lose effectiveness, especially against UVA rays, after being exposed to the sun. This is another reason it is crucial to reapply throughout the day.

Store sunscreen in a cool, dry and dark place. Sunscreens can break down and lose effectiveness if stored in a hot car, bathroom, etc.

Finally, it is essential to set a good example. You can be the best teacher by practicing sun protection yourself.

Teach all members of your family how to protect their skin and eyes.

Now have a wonderful, active summer!

Stanley Weinberger, MD, is a pediatrician at University Pediatrics at UVM Medical Center and an assistant professor at the University of Vermont College of Medicine.

Christine Weinberger, MD, is a Mohs surgeon and dermatologist at UVM Medical Center and an assistant professor at the University of Vermont College of Medicine.

References:

www.healthychildren.org

www.kidshealth.org

www.aad.org/dermatology-a-to-z/for-kids/about-skin/skin-cancer/how-to-prevent-skin-cancer

CAMP TA KUM TA SIBLINGS PROGRAM



Camp Ta-Kum-Ta Siblings Program

September 19 & 20, 2015 (Saturday & Sunday)

Camp Ta-Kum-Ta

77 Sunset View Rd, South Hero, VT

Camp Ta-Kum-Ta is very excited to announce that our Siblings Program is now a two-day program, including an overnight in the cabins, lots of fun, games, activities, yummy food, lunch, prizes, new and renewed friendships and lots of opportunity to connect with other siblings.

This program is open to children ages 7 to 17 who have a sibling who has, or has had, cancer and has attended Camp Ta-Kum-Ta's Summer Program.

For more information please go to

www.takumta.org/programs/camp-ta-kum-tas-siblings-program-2/.



**LIGHT THE NIGHT
WALK
2015**

Friday

September 25

6:00 pm

Memorial

Auditorium

Main Hall

250 Main St.

Burlington, VT

**LIGHT THE NIGHT WALK 2015
Burlington, Vermont**

Light The Night is the Leukemia & Lymphoma Society’s national fundraising walk, which is held each fall at various sites across the country. This two-mile evening walk features illuminated lanterns to both celebrate and commemorate lives touched by cancer. Friends and family members carry red lanterns, survivors carry white lanterns and a gold lantern represents those who lost their lives to cancer.

Proceeds from Light The Night support the Society’s mission to cure leukemia, lymphoma, Hodgkin lymphoma and myeloma and to improve the quality of life of patients and their families. The Society is dedicated to being one of the top-rated voluntary health agencies in terms of dollars that fund our mission.

You can help by joining us at this unique event. All participants must register, but patients/survivors are our guests and will be given a white lantern to carry. You can fundraise as an individual walker or form a team of walkers. Participants raising \$100 or more will receive a lantern to carry and a t-shirt.

We look forward to seeing you at our Light The Night Walk!

**Register & fundraise online at www.lightthenight.org.
For questions, please contact: Gail.Deuso@LLS.org or
(802) 233-0014**

SIGN UP TODAY!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ E-Mail: _____

Individual Walker Name: _____

Name of Team: _____

PLEASE MAIL TO: LLS Attn: Gail Deuso, 40-1/2 Proctor Avenue, South Burlington, VT 05403

Sibling Supports

By Adam Fortune, MSW

One of the most common questions that is asked after a new diagnosis of cancer is how to support siblings. There has been a lot of research over the past thirty years looking at how siblings of children with major health problems are affected. Siblings of children with major medical problems experience many negative symptoms as a result of these illnesses. Siblings have less time with parents, who are spending more time at the hospital with the child who is receiving treatment. There is less time for families to be all together.



The good news is there are some simple things that can be done to help reduce the impact this might have on siblings. One of the biggest things is including the sibling in hospital visits. This allows siblings to see what is happening to their sister or brother and may help to reduce some worry they may have. Another benefit to brothers or sisters accompanying siblings to treatment appointments is that gives them an opportunity to ask providers questions they may have about their sibling's treatment. Probably one of the most important things parents can do is to take special time with siblings one-on-one. Another support for siblings in the past has been the sibling support group that is run quarterly at UVM Children's Hospital. If families are interested please contact Adam Fortune at 802-847-2371 or by email to adam.fortune@uvmhealth.org.

Finally, there are several websites that offer supports to siblings and will even send little care packages at times. Children diagnosed with cancer often times receive gifts. This sometimes is another area where siblings struggle. Feel free to investigate these websites as support for children who have a sibling with cancer:

www.supersibs.org/

www.alexlemonade.org/campaign/supersibs

<http://negu.org/families/> *This new resource offers care packages with activities for the whole family to do together.*

WHAT TO SAY TO SIBLINGS

_____ 's kind of sickness has big words - _____. It's a kind of cancer that some kids get.

All kinds of people get cancer, from newborn babies to people that are 100 years old. Even animals and pets can get cancer.

You can't catch this from _____ or anyone. The cancer happened when some of _____ 's cells grew too fast and made too many.

_____ will get special medicines to make the cancer go away. Most of these medicines will be given to him/her at the hospital, he/she will do quite a few sleep-overs there

We are very hopeful that _____ will get better and be able to do everything he/she used to do. It will take some time, even longer than it takes to get over a cold.

The medicines that will help _____ get better can make him/her feel yucky for a few days. Sometimes these medicines even make kids' hair fall out, but once they are finished taking the medicines, it will all grow back

It is not your fault (or anyone's fault) that _____ is sick

Mom and Dad are with _____ because he/she needs them right now. We still love you and miss being at home with you.

When _____ does sleep overs he/she can watch movies, play games, use a computer, do arts and crafts, eat pizza and get chocolate milk. He/she can even talk to you on the phone.

When _____ feels better you can visit him/her at the hospital and when he/she is feeling really well, he'll/she'll come home.

I bet _____ would like it if you drew a picture for him/her and/or if he/she had a picture of you to have in his/her hospital room. We can get you a picture of _____ and what his/her hospital room looks like.

Someday we can have you meet the people that are helping Mommy and Daddy take care of _____. You can even ask them questions.

Can you promise to tell someone if you feel sad, scared, confused, or angry?

Children's Specialty Center
East Pavilion, Level 4
111 Colchester Avenue
Burlington, VT 05401

THE
University of Vermont
Children's Hospital

POSTAGE
HERE

PEDIATRIC ONCOLOGY NEWS | SUMMER / FALL 2015

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Useful Links

- **getATstuff** lists assistive technology devices for sale or for free. Their goal is to help get assistive technology devices from places where they are not being used to families that can benefit from them. For more information go to www.getatstuff.com/.
- **Stupid Cancer** provides online support for young adults dealing with cancer. To learn more go to www.stupidcancer.org/.
- **Songs of Love** creates personalized songs for children who have medical challenges. For more information go to: www.songslove.org/.
- **Healing Winds Vermont** wants to help bring more people to one of Vermont's greatest assets, Lake Champlain. They offer a medium for healing through sailing and provide a reprieve from the overwhelming and anxious environment that occurs as a result of cancer treatment and the fear of the unknown. <http://healingwindsvt.org/>