


KEEP S'MYELIN

A NEWSLETTER FOR KIDS ABOUT MULTIPLE SCLEROSIS



This issue of Keep S'myelin has lots of **fun activities** for you to enjoy while you learn about MS. When we asked our readers what they liked about Keep S'myelin, many said they enjoy the **games, puzzles, recipes, and other family activities** we include. So, this issue has lots of them. We hope you have a lot of fun doing these activities together with your mom or dad and learning about MS at the same time. If you have ideas for other games and activities, or would like to send us a story, poem or picture, we'd love you hear from you.

or write us at KEEP S'MYELIN,
c/o National MS Society Broadway Station,
900 S Broadway, Suite 200,
Denver, CO 80209.

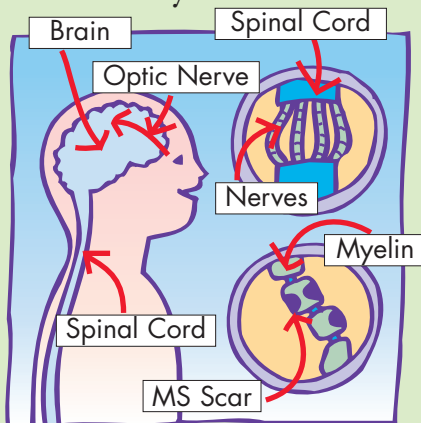
You can e-mail us
at Keepsmyelin@nmss.org

...and remember
to Keep S'myelin!

MS

Multiple sclerosis (MS for short) is a disease that affects the central nervous system (the brain, optic nerve and the spinal cord). The brain is like a computer that tells the body what to do. The spinal cord is like a thick wire attached to the computer.

Messages travel from the brain, along the spinal cord, to the other parts of the body.



When a person has MS, the covering (myelin) that protects the nerves gets damaged. Scars form where the myelin is damaged. As messages travel from the brain, they sometimes get stuck or slowed down by these

scars. When this happens, the other parts of the body can't always do what the brain is telling them to do.

Sometimes people with MS have trouble seeing. Sometimes their arms and legs feel weak or their skin feels "tingly" (like pins and needles). Sometimes they lose their balance, or sometimes it's hard to walk. MS problems like these are called symptoms. Symptoms of MS can come and go...we don't know exactly why. Sometimes you don't even notice the symptoms. At other times they are pretty obvious. It's hard for a person with MS to know from one day to the next how he or she will feel. That is why we say that MS is unpredictable.

Interesting Fact:
Multiple means many.
Sclerosis means scars.
So, multiple sclerosis means "many scars."

Keep S'myelin Readers:
WE WANT YOU!

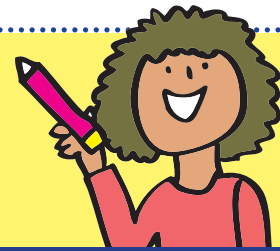
We love to publish your pictures, stories, and poems about MS. Please send us your work! Tell us how your family learns about MS together, how you feel about having MS in your family, what advice you would give other kids about having a mom or dad with MS, how you help your mom or dad, or whom you talk with about MS.



Send to:
National MS Society
KEEP S'MYELIN
BROADWAY STATION
900 South Broadway
Suite 200
Denver CO 80209
or e-mail to
keepsmyelin@nmss.org



MS QUIZ



Pick your answers from the scrambled words below.

1. The covering around the nerves is called
2. The physical problems caused by MS are called
3. MS can change from one day to the next — that’s why we say it’s.....
.....
4. The brain, optic nerve and spinal cord make up the
5. Messages going from the brain to other parts of the body travel along the
.....
6. The brain acts like a
7. The words multiple sclerosis mean.....



HINT: All the answers can be found in the What is MS article on page 2.



nylime
ispaln droc
otrpuhme
nmay csras
iplrenudtcabe
tspmyos
tcnelra rgnosue yssmte



1. Myelin
2. Symptoms
3. Unpredictable
4. Central nervous system
5. Spinal cord
6. Computer
7. Many scars

BATH-TIME

FUN

BATH BUDDIES SOAP

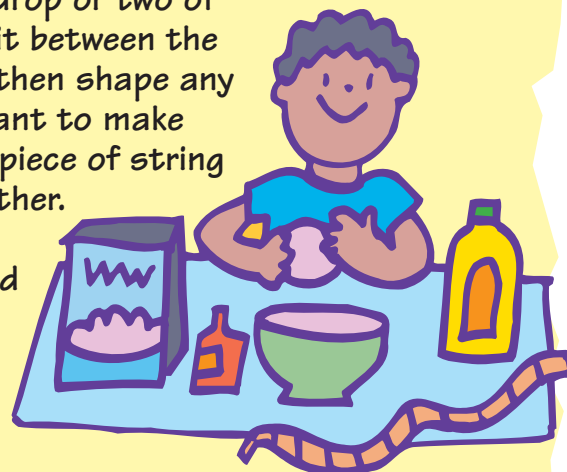
- Soap flakes
- Liquid food coloring
- Water
- Vegetable oil
- Bowl
- String (for soap on a rope)

➤ Pour approximately 3 cups of soap flakes into the bowl. Add 1 to 1 1/2 cups of water with a few drops of food coloring added to it.

➤ Mix the contents of the bowl with your hands until it becomes the consistency of play dough.

➤ To shape it, take a drop or two of vegetable oil, and rub it between the palms of your hands, then shape any way you wish. If you want to make soap on a rope, cut a piece of string and tie the ends together. Push the knotted end gently into the finished shape.

➤ Let set overnight.



BATHTUB-COLORS

- Inexpensive shaving cream
- Food coloring

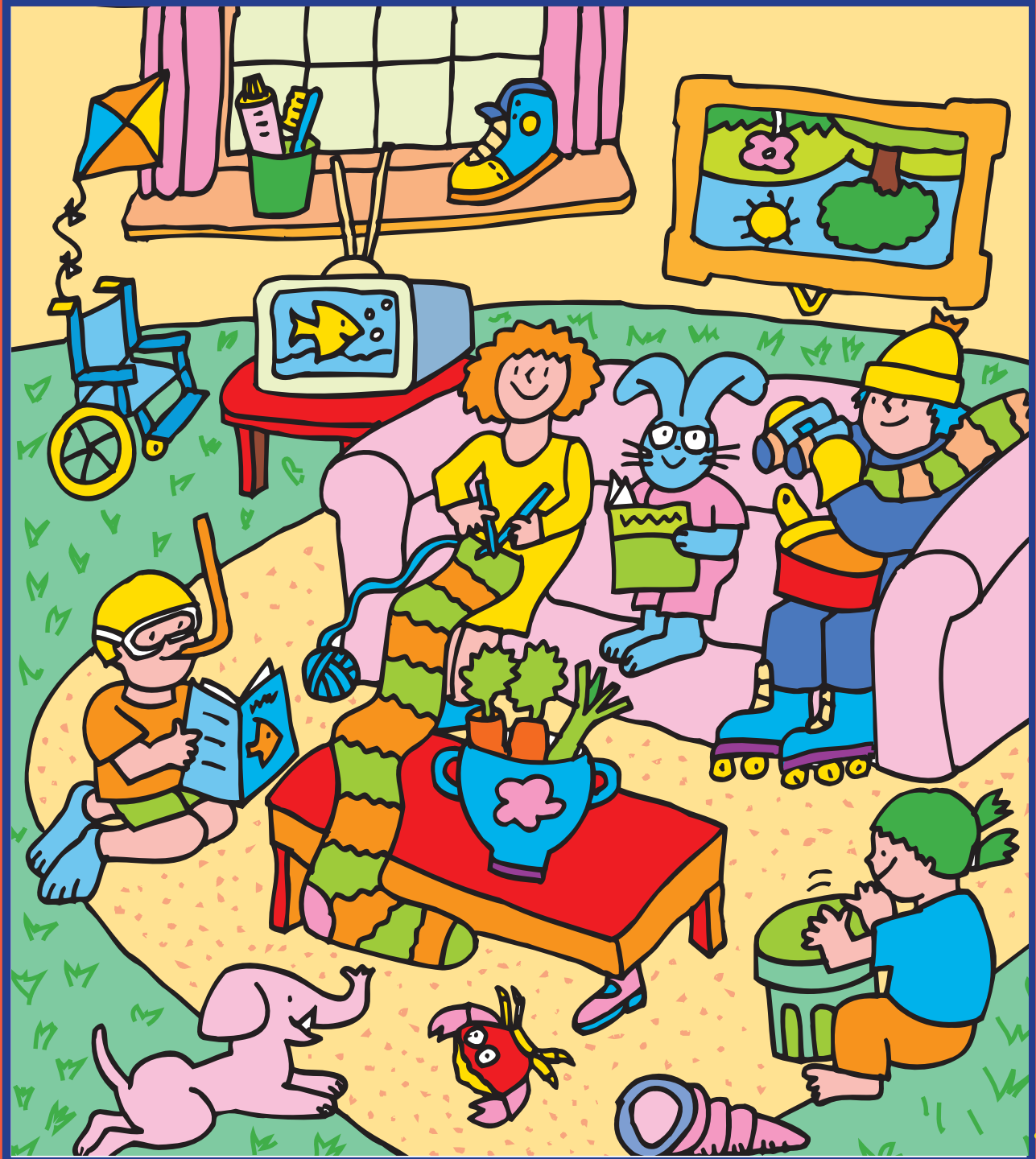
➤ For each color, mix 2 tablespoons shaving cream with food coloring.

➤ Mix, and put each color into an old muffin tin. Use a paintbrush to draw your own art on the bathtub!



➤ **Note to Parents:**
This washes off very easily.

WHAT'S SILLY WITH THIS PICTURE ?



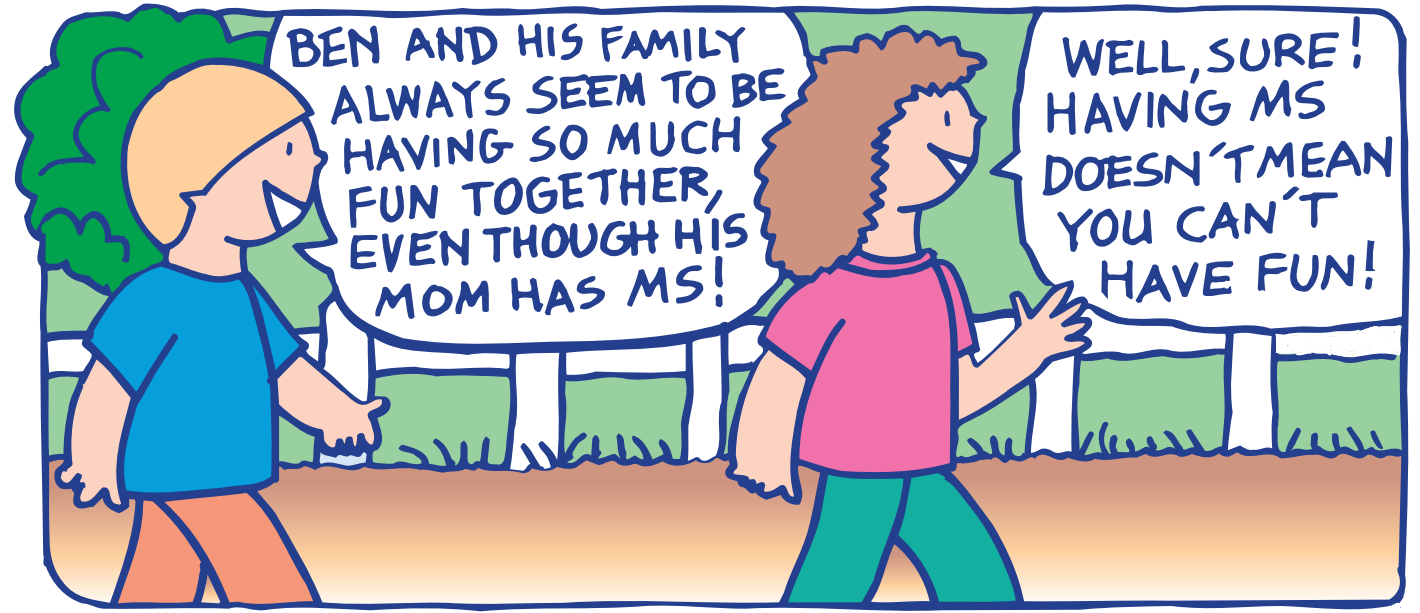
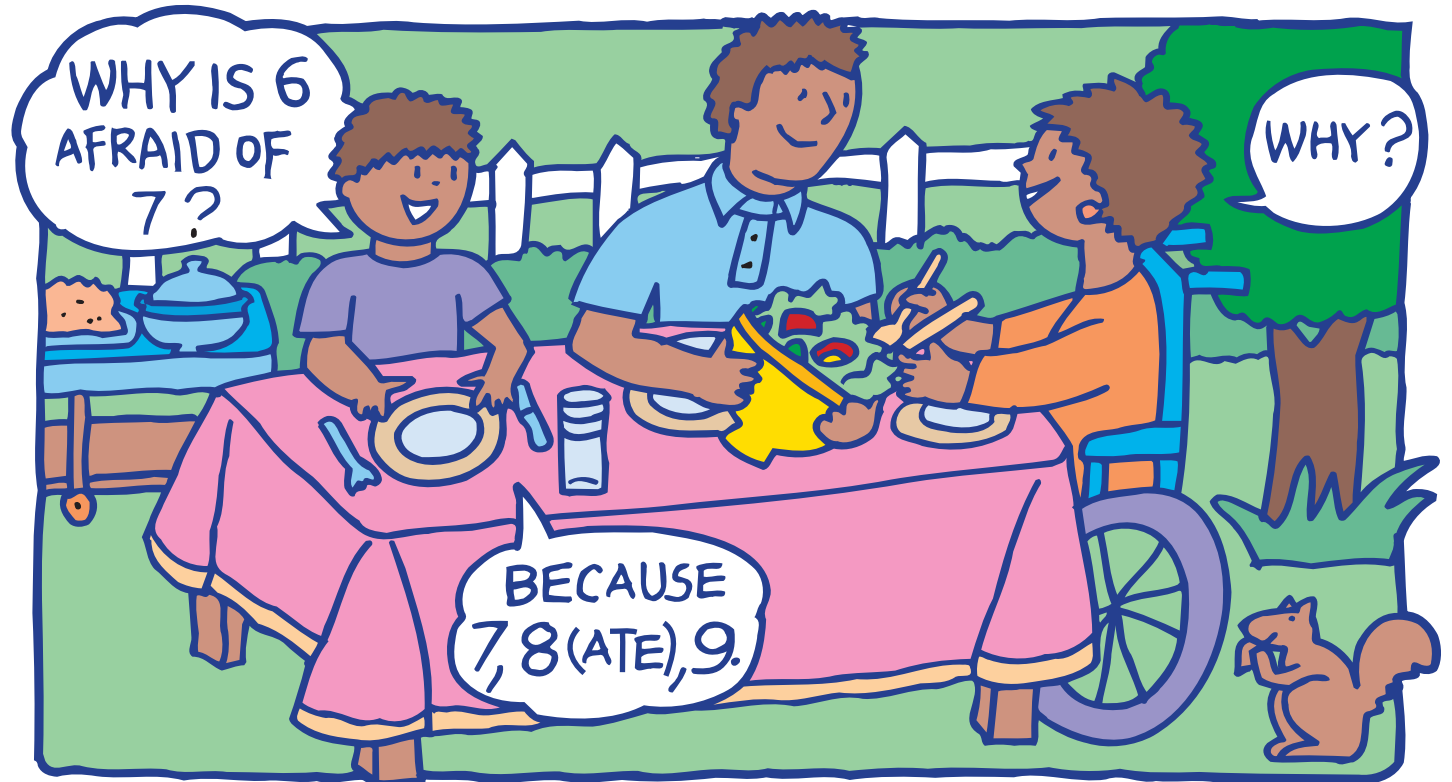


MICHAEL
CRYSTAL



AND
BENJAMIN

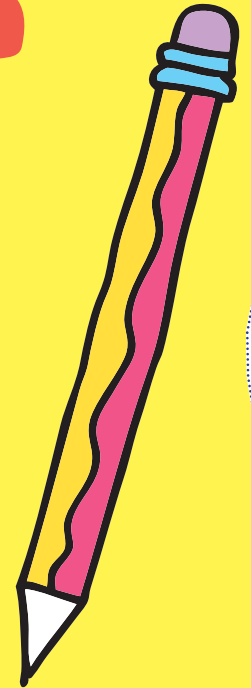
S'IMYELIN KIDS



WORD SEARCH

Hint: Words are across, down, and backwards!

F	A	T	I	G	U	E	P
W	E	A	K	N	E	S	S
K	S	S	R	N	I	R	M
E	H	C	M	E	U	O	K
E	O	A	B	R	A	I	N
P	T	R	T	V	I	F	J
Q	E	M	Y	E	L	I	N
W	S	M	Y	E	L	I	N
N	U	M	B	N	E	S	S



KEEP

SMYELIN

BRAIN

SHOT

WEAKNESS

SCAR

FATIGUE

MYELIN

MRI


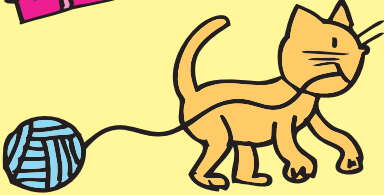
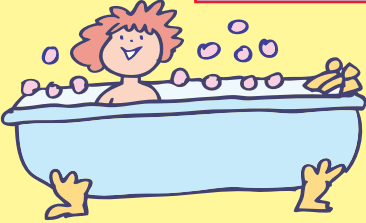
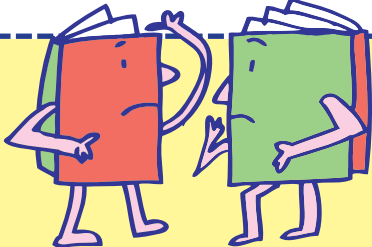
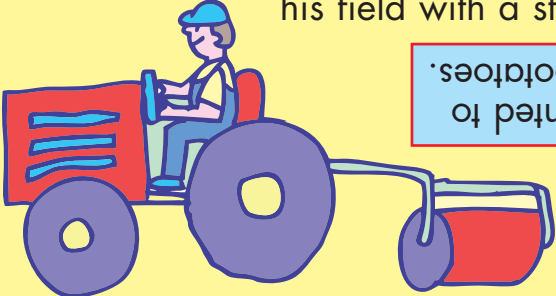
NERVE

NUMBNESS

ISSUE #13
Keep
S'myelin
FUN ACTIVITIES

Contact the National MS Society at 1-800-344-4867.

JOKES

What animal do you look like when you get into the bath?

A little bear! (bare)

What did one arithmetic book say to the other arithmetic book?

Boy, do I have problems!

Why did the farmer plough his field with a steamroller?

Because he wanted to grow mashed potatoes.

Did you hear about the cat that swallowed a ball of yarn?

She had mittens.

KEEP S'MYELIN

PARENTS' PULL OUT

HOW TO READ THIS ISSUE WITH YOUR KIDS



This issue of Keep S'myelin contains lots of family activities and games. Some have MS content — for example, the scrambled answer quiz and the word search — while others are just for fun, like the recipes, jokes, and games. So, we hope this issue serves two purposes: providing ways to learn about MS with your child and suggesting ways to have fun together in spite of MS!

Try to figure out the scrambled answer quiz and the word search together. Doing these activities together offers an opportunity for you to clear up any misconceptions about MS and make sure your child has the basic vocabulary to talk about MS and ask you questions.

Remember as you talk about MS, that many

children share some common concerns:

- They worry they will “catch” MS. (You can reassure them that MS is not contagious like a cold or the flu.)
- They worry that their behavior caused your MS or could make it worse. (You can reassure them that this is absolutely not the case.)

- They worry that you will die. (You can reassure them that people with MS can live very long lives and seldom die from MS.)

Have the entire family play the *Throw a Smile game* together or try some of the recipes and bath-time activities. Families often feel more comfortable talking about difficult subjects when they are engaged in relaxing, enjoyable activities together.

FAMILY FUN

MS sometimes has a way of spoiling family fun. Most families have had the experience of having to cancel a plan or postpone an outing because Mom or Dad was too tired or didn't feel well. Nobody likes these kinds of disappointments — parents or children — so it's important to think about ways to have fun together even on the "off" days. Having fun together doesn't have to involve elaborate plans

Depending on the ages of your children, you can ask them to help you come up with an "idea list."



One child might like some read-aloud time, another might like to play a computer game. Watching videos together or

working on a simple art project are other ways for parents and kids to share quiet time. There is almost always a holiday coming up for which grandparents or friends would enjoy receiving a card or drawing. Kids love to play charades and put on skits, and you can be the appreciative audience. They also like to putter in the kitchen, making simple snacks. Just make sure that setting up and cleaning up are part of the bargain — there isn't any reason that all of the work needs to be left to you.



and major events; fun can also be quiet, restful, and relaxing. The important thing is to brainstorm together about activities that all of you can enjoy.



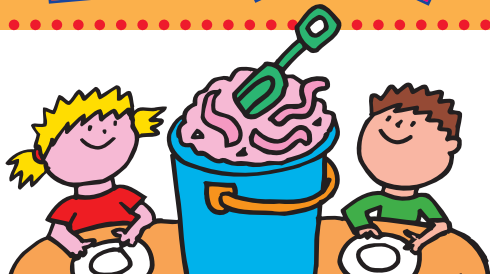
One very helpful strategy

with younger kids is to have a surprise box or closet for "desperation" days. Keep your eye out for unusual books, games, videos, clothing for dress-up, and art supplies that you can store someplace out of sight. There is no need for these items to be fancy or expensive, they just need to be unfamiliar. A surprise activity can come in very handy on a day you're feeling desperate for quiet time and your kids are feeling desperate for entertainment and attention.

Since unpredictability is a hallmark of MS, it's important to have a backup plan. Kids — and adults — can deal with disappointment more easily when they can get a rain check or the opportunity to do another fun activity instead. Make the backup plan part of the deal right from the beginning, so that all of you get used to the idea that every plan has some flexibility built into it.

COOKING FUN

DIRT DESSERT



- 2 small packages of vanilla instant pudding mix
- 4 cups of cold milk
- 1 large container of frozen whipped topping, thawed
- 1 6-ounce package of miniature chocolate chips
- 1 large package of chocolate sandwich cookies, crushed to crumb consistency
- Gummi worms
- 1 child's sand bucket and shovel, cleaned thoroughly

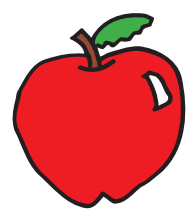
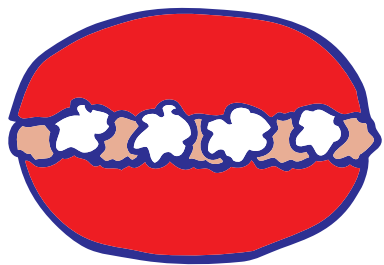
- Mix the pudding according to package directions and allow to set for a few minutes.
- Fold in the whipped topping and chocolate crumbs.
- Put half of the pudding mixture in bottom of the sand bucket.
- Top with half of the cookie crumbs.
- Layer with the remainder of the pudding and then the rest of the cookie crumbs.
- Top with the Gummi worms, chill.

Note to Parents: This is not a particularly healthy snack. The editors recommend making this treat only occasionally!

Use a shovel to serve.

APPLE LIPS

- Core and slice apple into 4 or 6 wedges.
- Take half of the wedges and spread with peanut butter on the top side.
- Take 5 or 6 miniature marshmallows and place on top of peanut butter (teeth!).
- Spread the other half of the apple wedges with peanut butter and place peanut butter side on top of the marshmallows.



M O R E F A M I L Y F U N

Throw a Smile Game



Players sit in a circle, making sure they can see everyone else. The player who is "It" starts the game by smiling widely, while all the other players keep straight faces are somber. "It" then uses his hand to wipe the smile off his face and throw it to another player who has to catch the smile with his hand and put it on.

This new 'It' can then wipe off the smile to throw to someone else -- though he will probably choose to mug wildly at everyone for a few minutes before relinquishing his happy role. Meanwhile, all other players must sit stone-faced. One smirk and they're out.



Editors
Rosalind Kalb, PhD
Kimberly Koch, MPA
Design/Illustrations
Claude Martinot Design

Keep S'myelin is a publication for children with parents or other relatives with multiple sclerosis. It is produced by the **National Multiple Sclerosis Society**. The National Multiple Sclerosis Society is proud to be a source of information about multiple sclerosis. Our comments are based on professional advice, published experience and expert opinion, but do not represent therapeutic recommendations or prescriptions. For specific information and advice, consult a qualified physician.

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The National MS Society mobilizes people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

Please give us feedback.
Send your questions or ideas to:
National MS Society
KEEP S'MYELIN
900 South Broadway
Suite 200
Denver CO 80209
keepsmyelin@nmss.org

