

KEEP IT SIMPLE

PARENTS' PULL OUT

HOW TO READ THIS ISSUE WITH YOUR KIDS

This issue is designed to reassure your children that there are lots of people who can help your family cope with MS. The medical team, friends, neighbors, teachers, clergy, relatives, social worker, the National MS Society, MS researchers, all may be members of your family's "team." In the same way "it takes a village to raise a child," it may be helpful to talk to your children about the community of people who support and can help you manage any challenges MS poses along the way.

As you read this issue together, have your children name the people in their life who are on their "team." The conversation could include the many people in your family's life, whether it has anything to do with MS or not! Reminding your children of the special people he or she can talk to, ask for help, have fun with, and rely on, can be reassuring and empowering.

Talk to your children about how they are important members of your team. Remind them how much they contribute by helping out at home, spending quiet time with you, working hard at school, and making you proud of how nicely they are growing up.



RECIPE

"ICE CREAM"

Sandwiches



YOU WILL NEED:

- ◆ 1 1/2 cups cold milk
- ◆ 1/2 cup peanut butter
- ◆ 1 package instant chocolate or vanilla pudding
- ◆ 24 graham crackers or chocolate wafers

- ◆ One large mixing bowl
- ◆ A cookie sheet
- ◆ Wax paper
- ◆ Hand mixer

- ◆ Line the cookie sheet with the wax paper.
- ◆ Spread 12 graham crackers or wafers on the cookie sheet.
- ◆ Add the milk to the peanut butter and blend until smooth.
- ◆ Next add the pudding mix and beat at a low speed for two minutes.
- ◆ Let the mixture stand for five minutes.
- ◆ Spoon 1/2 inch of mixture onto each graham cracker/wafer. Spread to the edges of the cracker.
- ◆ Top each cracker with one cracker.
- ◆ Freeze until firm; about 3 hours. **Makes 12 sandwiches.**

FAMILY

ACTIV

THE GREAT

(from Escapades © 1999)

SURVIVOR meets your family! You and your family are trapped in a hut in the middle of a large forest. Your food is almost gone and you have to reach the nearest town for your own safety. To reach the town, you and your family need to overcome these obstacles:

- ◆ Break out of the thick walled
- ◆ Get around a 20 foot smooth
- ◆ Get through a heavy barbed
- ◆ Cross a very fast moving riv
- ◆ Travel through the heavy an

Your job as a team is to come up with a plan that will be useful in your escape—these are the obstacles you need to escape! You cannot use heli (such as a laser sword.) Now p

Y R FUN

ACTIVITIES

AT ESCAPE

06)



nd hut
h wall
wire fence
er
d dense forest

up with three things that would
e three things are all you have
copters or magical devices
lot your escape. GOOD LUCK!

ACTIVITIES

PICTURE PUZZLES



Here's a great idea for your box of pictures! You will need a scissors and photos that have doubles or that you don't want to keep. Cut the pictures into several different shapes and sizes (a few pieces for little ones and lots for older kids.) The fun starts when you try to put the pieces back together! To make the pieces easier to handle, mount them on cardboard. You can also store them in individual zipper bags for later use.

RESOURCES

When one member of a family has MS, it is important that the entire family have the resources they need.

Timmy's Journey to Understanding MS is an animated cartoon that shares a little boy's adventure learning about MS. The cartoon is an excellent resource to talk with children about MS. Developed for children ages 5-12, but appropriate for all ages.



Plaintalk: A Booklet about MS for Families
Discusses some of the more difficult physical and emotional problems many families face.

Someone You Know has MS: A Booklet for Families
For children, ages 5-12. A story about Michael and his family explains MS and explores children's fears and concerns.

When a Parent Has MS: A Teenager's Guide
For older children and teenagers who have a parent with MS. Discusses real issues brought up by real teenagers.

To learn more about these and other National MS Society resources contact an MS Navigator at 1-800-344-4867 (1-800- FIGHT MS) or visit nationalMSSociety.org.



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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.

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