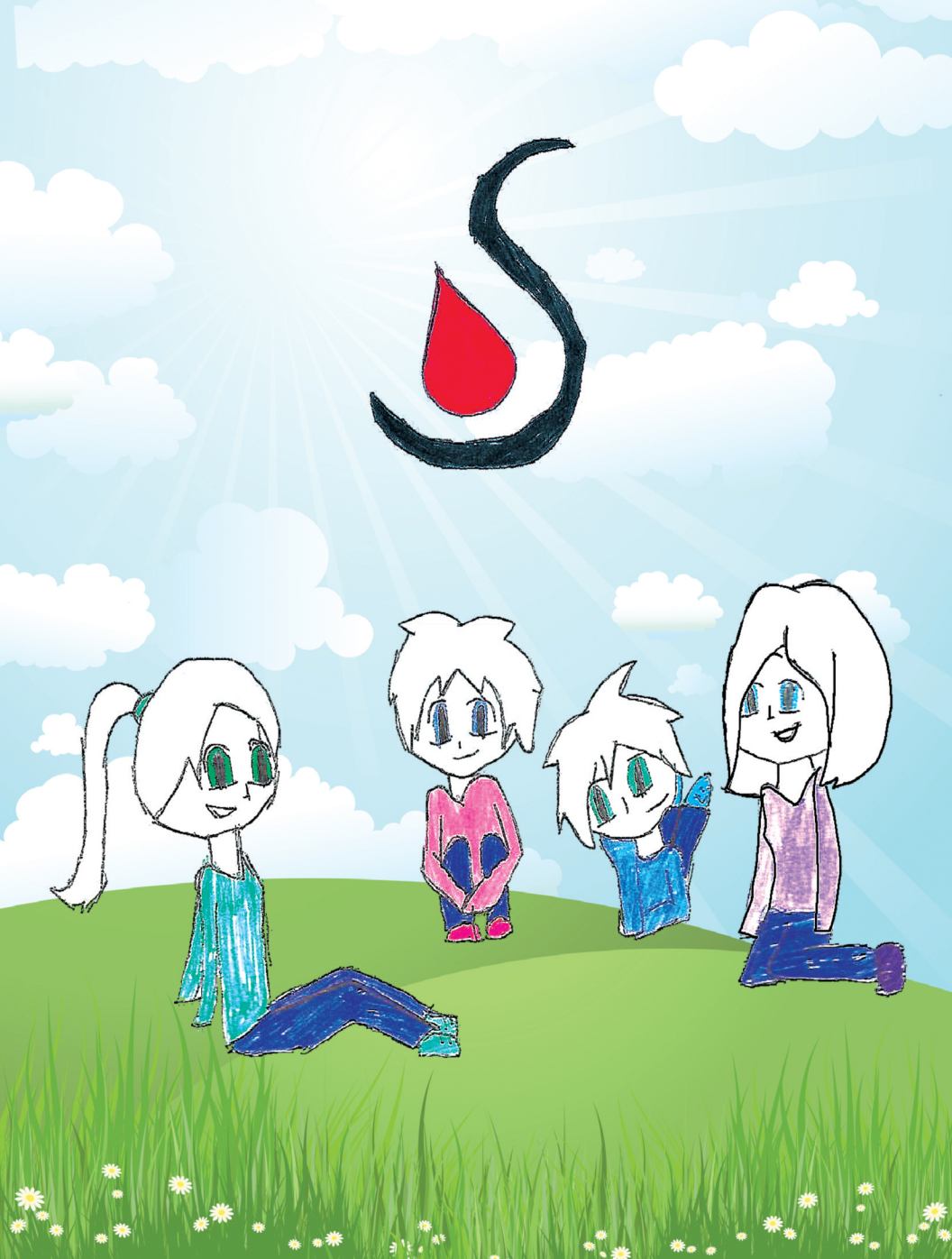


SDS & Me



**This book has been created for children from
4 to 9 years of age to help them understand
that every child is special.**



SDS and Me

**Our gratitude to the
American Legion Child Welfare Foundation for
their generous grant to make this book possible:**



We also wish to thank Dr. Katherine Baum PhD, Childrens Hospital of Philidelphia for her guidance in the writing of this book. And to Gina Del Re, MS, BA, teacher, and SDS mom.

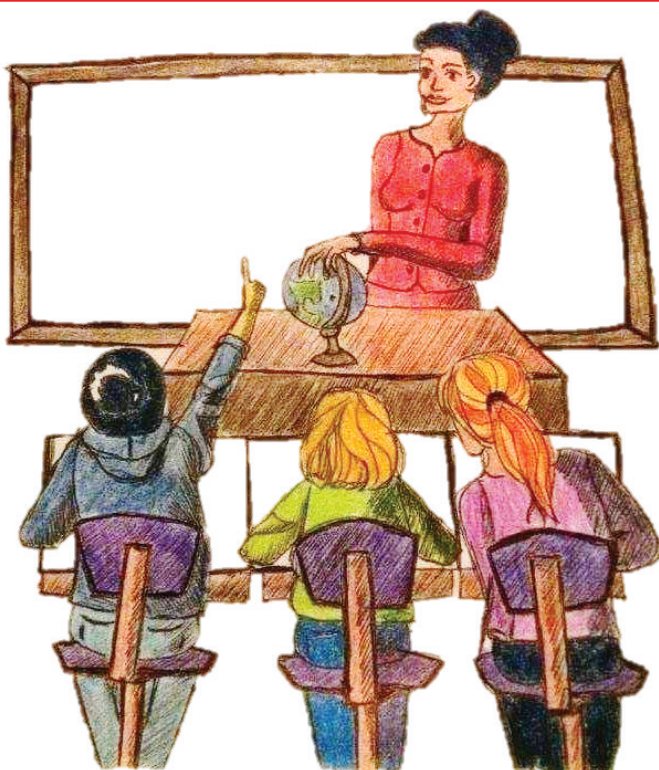
A very special thanks to the SDS patients who illustrated the book: Lorin Reutlinger, Meagan Miller, Micheal Rieger, and all the SDS Patients who contributed.

Front and back cover are self portraits of SDS Patients.

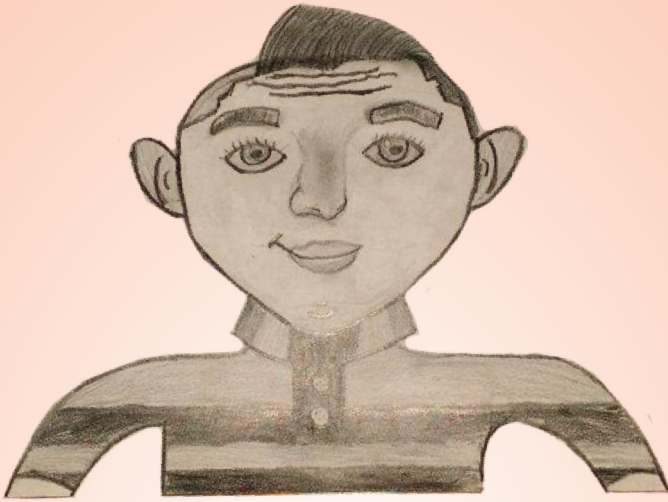
“I’m so excited for the first day of school!”



Starting a new school or a new school year is always exciting! It’s a fun time to meet new friends. Some new friends are a lot like you. Some are different from you. But friends are friends, no matter what!



Let's introduce some new friends since we have a few minutes before recess...

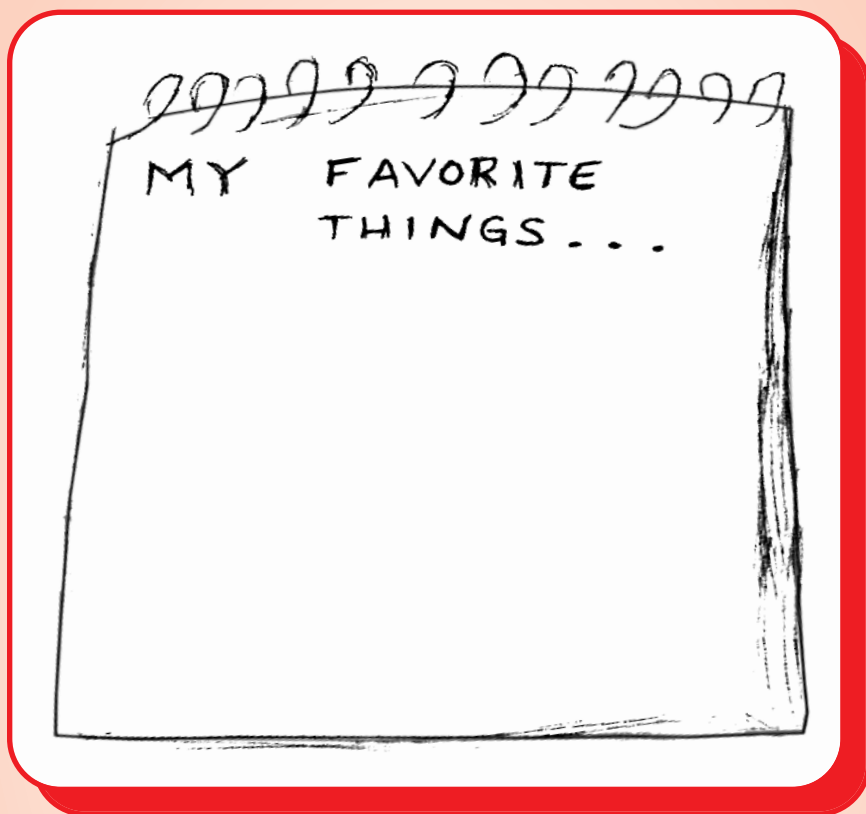


“My name is Ricardo. My favorite things to do are to play kick ball and play video games. Something that makes me different or special is that my family speaks Spanish. We visited my grandma this summer in Mexico.”

“That’s great, Ricardo. That must have been a fun trip!” said the teacher.

"Hi, my name is _____.

I like to _____ and _____.



Fill in & draw picture

"I have Shwachman-Diamond Syndrome. We call it SDS for short. That other name is too long."

The teacher asks, "Do you want to tell us more about SDS?"

"Yes! SDS is something I was born with. No one can get SDS from me."

**For me, having SDS means
I'm shorter than you are.**



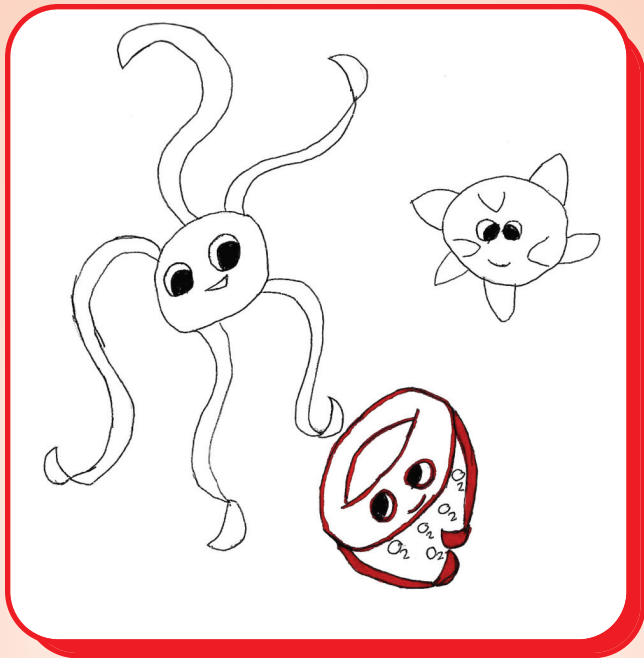
Color Picture

I have to take pills when I eat to help my body use my food.



Color Me

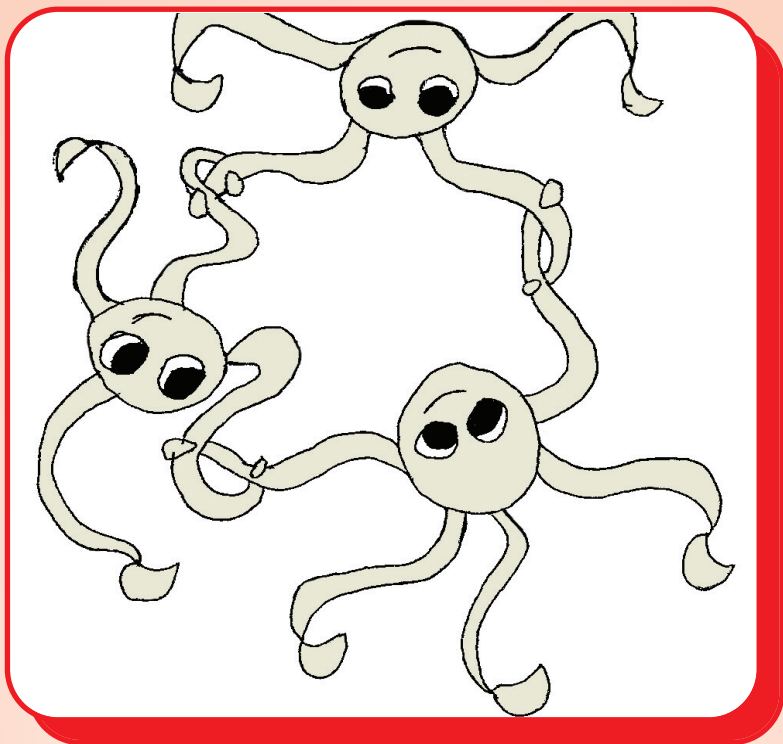
Everyone is born with 3 kinds of blood cells
red, white, and platelets.



Red cells give you energy.



Platelet cells help to stop bleeding when you get cut.



White blood cells fight germs.



My body doesn't make enough
of these cells so sometimes
I get tired or sick.



Sometimes I have to miss
school to go see my doctor.
He helps keep me healthy.
I can still get sick pretty easy.



Color Picture

If I get really sick I have to go into the hospital. There the doctor gives me special medicine to make me feel better.



I miss my friends when I have to go to the hospital. It makes me feel better if I get cards and pictures from them.

Activity: Draw a “Get Well” Card



What can you do to help?

Well, nobody likes to get sick. There are some things we can all do so none of us get sick.

Let's not share GERMS!!!!



We can cover our mouths when we cough or sneeze.



We can also wash our hands often.

Activity idea: Wash those germs away by X'ing them out on the picture above, (as if using soap and water).

**“OK, Everyone! Let’s line up for recess.
Do you all have your buddy to play with?”
says the teacher.**

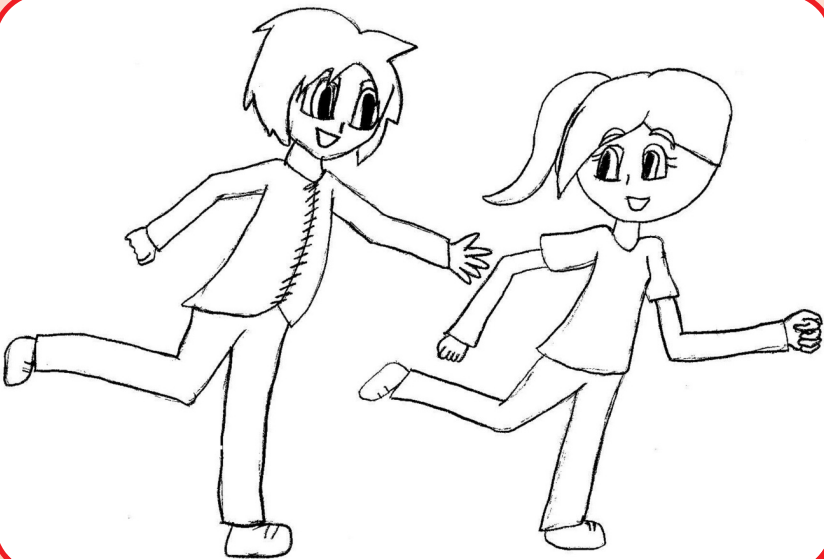
“Will you be my buddy? We can play tag.”

**“Even though I have SDS,
I still love to play tag!”**

**“So I can’t catch SDS like I can a cold?” says
the classmate.**

“Nope. You can’t catch SDS.”

“Ok then lets play.” says the classmate.



Color Picture

Let's play a word search game.

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

SHWACHMAN
PLATELET
SMALL
GERMS

RED
FRIENDS
PLAY

WHITE
DOCTOR
ENERGY

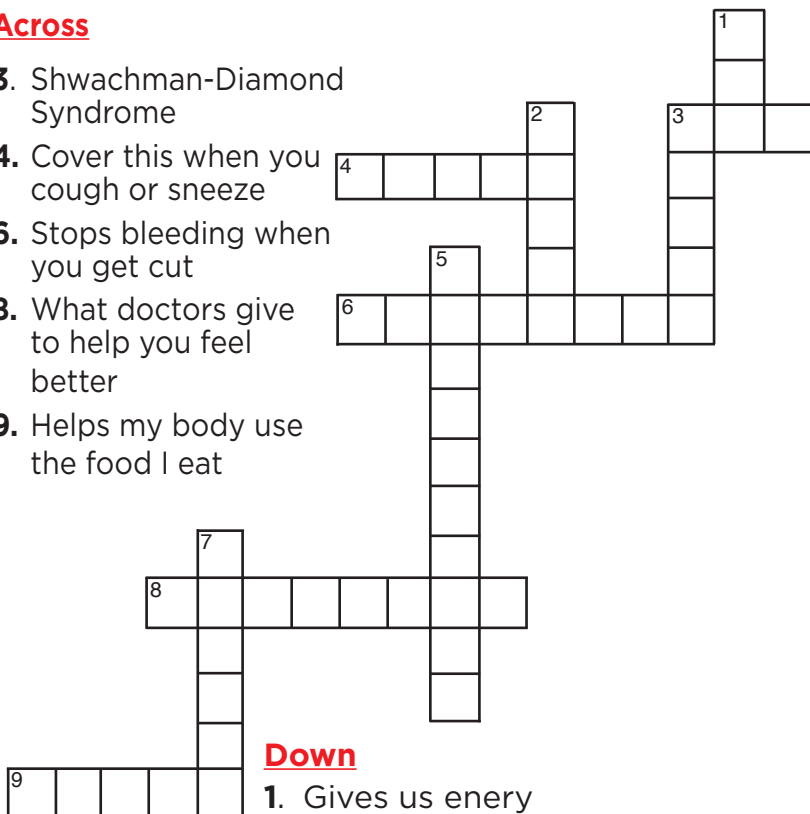
Connect the Dots.



Crossword Puzzle

Across

3. Shwachman-Diamond Syndrome
4. Cover this when you cough or sneeze
6. Stops bleeding when you get cut
8. What doctors give to help you feel better
9. Helps my body use the food I eat



Down

1. Gives us energy
2. Fight germs
3. I can still play with you even if I'm...
5. How to get germs off our hands
7. Where I like to just like you

Created with TheTeachersCorner.net Crossword Puzzle

For adults and teachers

Every child living with SDS is different

Some may have stronger immune systems and not get sick as often.

Some patients struggle with eating issues.

Be aware of individual patients needs. SDS is not one size fits all.

Listen to the SDS child

They know their bodies best.

Make sure child is comfortable and knows who to contact if they are having a health issue.

Allow unrestricted bathroom breaks

SDS children may need to use the bathroom more than others.

They may not have time or be embarrassed to ask permission to use the bathroom.

Construct a unit on how people are different

Some people have red hair. Some have green eyes. Some need insulin. Some need wheelchairs.

This will allow you to point out the SDS child's differences without singling the child out.

Educating children about differences among their peers.

This also contributes to their willingness to help each other stay healthy.

Focus on the child's strengths to avoid anyone feeling sorry for them.

SDS patients go through a lot medically. Please help build their self-esteem.

Consider subsections like:

- What can you do to provide support to your student/a child with SDS?
- Ways to encourage open discussion of differences and acceptance.
- Include resources for teachers, and use the SDS website, www.shwachman-diamond.org.

Can you answer these questions?

1. Name three ways we can all keep healthy.

Wash our hands often.

Cover our mouth when we cough or sneeze.

Let the teacher know when we do not feel well.

2. Do SDS kids have to take pills when they eat?

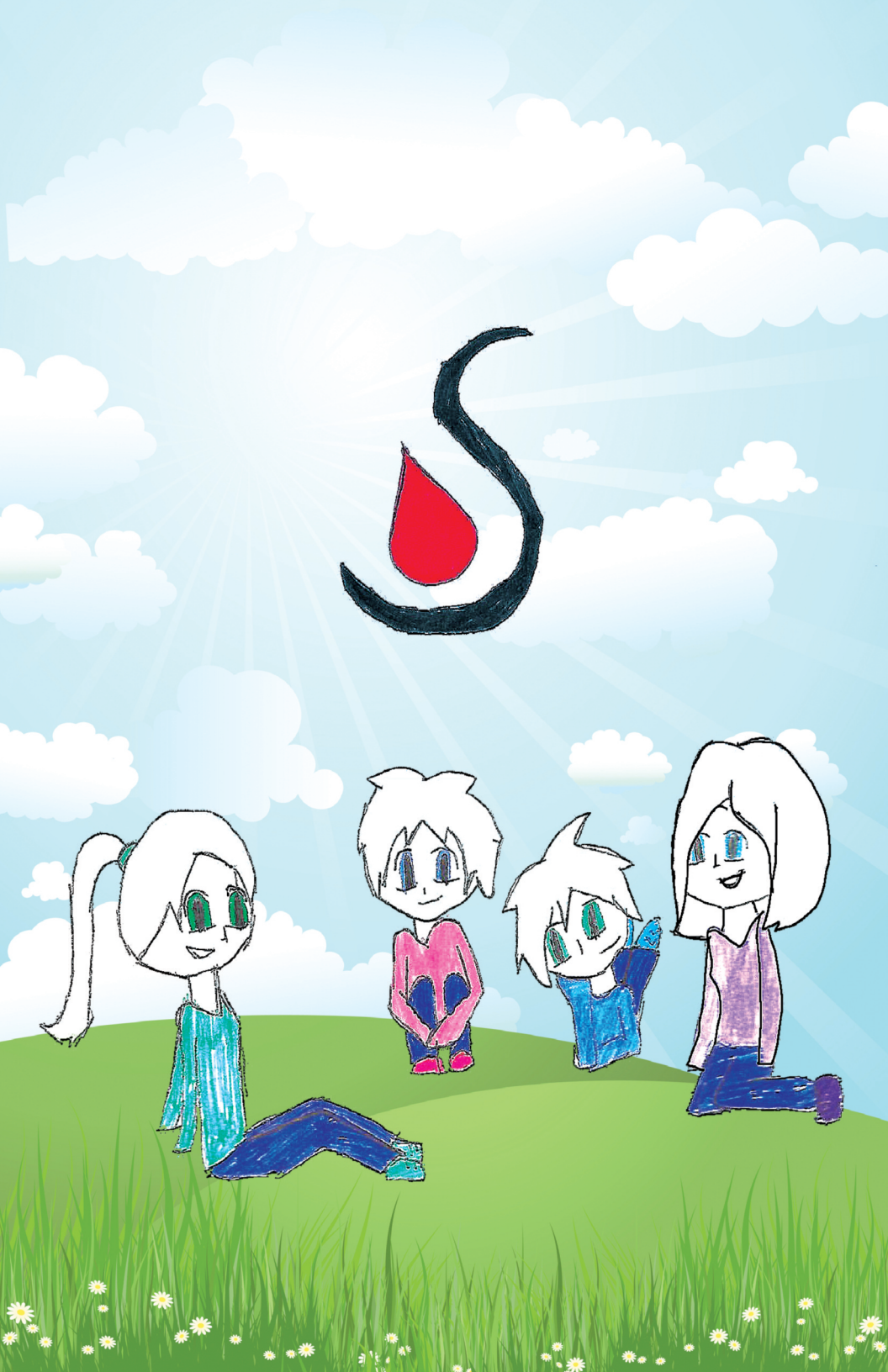
Yes.

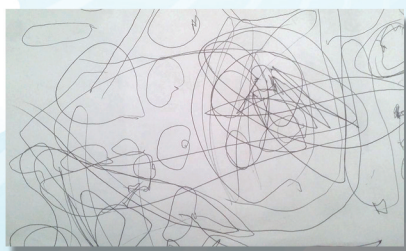
3. What are some ways you can help your SDS friend if he or she can't come to school?

Make and send them Get Well cards.

Help them with homework.

Welcome them back to school with a high-five.





For further information about SDS, please
contact us at www.shwachman-diamond.org

