

## Symptom Checklist

### WHAT IS IT

This symptom checklist can be used as a weekly or monthly touch point for kids to monitor and talk about how Mom or Dad's medicine is making her/him feel.

### WHY IS IT HELPFUL

This activity gives your a child a chance to share what they have seen/observed. It allows them to share how their parent's illness is impacting them emotionally, and provides ongoing conversation starting point.

Developmentally, children need information repeated so they can remember and process the information into something useful. Children also need practice to master new skills, from tying their shoes to learning how to regulate their emotions.

### HOW TO USE THE CHECKLIST

**Option 1:** You might start a dialogue by saying something like, "I know the medicine does really good things like making his cancer go away, but sometimes it can cause hard things like Mom/Dad being tired or losing hair. What things have you noticed happening for Mom/Dad this week? What things have been the hardest?"

**Option 2:** You could also do this in play. If a child is playing doctor with her animals, you could say, "Doctor, I wonder if your patient has any of these symptoms? Let's see.....are they sleeping a lot more? Hmm...I wonder why?" This gives kids the safe medium of play to express what they have observed and what they are feeling, but without having to personalize it or make it their own story.



**QUESTIONS?** Contact the professional child life staff at Wonders & Worries for assistance at [info@wondersandworries.org](mailto:info@wondersandworries.org) or 512-329-5757.

Patient's Name: \_\_\_\_\_

Patient's Age: \_\_\_\_\_

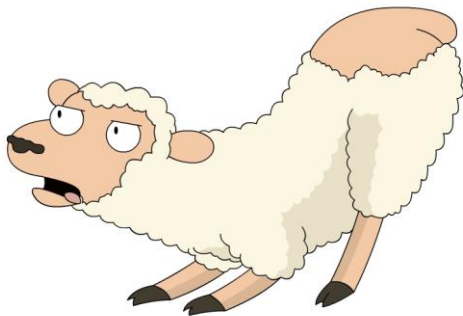
Illness: \_\_\_\_\_



Extra Tired or in Bed More: \_\_\_\_\_ Yes \_\_\_\_\_ No



Tummy Ache or Throwing Up? \_\_\_\_\_ Yes \_\_\_\_\_ No



Hair Loss? \_\_\_\_\_ Yes \_\_\_\_\_ No