



Wonders & Worries

Professional support for children through a parent's illness.

We will, together.



GRANTING WISHES IN FANTASY

During this time of year, many people are setting goals and thinking about hopes and wishes for the year. That may be very difficult for families impacted by serious illness or grief and may cause an added sense of loss when children are wishing for things that a parent cannot make happen.

One way to honor a child's DESIRE for a wish to come true is to grant the wish in fantasy.

At about 6 years of age, children begin to understand the difference between reality and fantasy. They often realize that a wish is unlikely or impossible but it can still be a helpful form of expression. For a child who is wishing for their parent's inoperable brain tumor to disappear, speaking it out and having a parent say, 'I wish that too,' validates the emotion even if it is not actually feasible. As adults we often focus our energy on teaching our children about reality instead of joining them in their fantasy. Wishing and speaking out what a child is hoping for allows a child to practice being aware of and saying what they want, which are both valuable skills.

Take time this year to join your child in fantasy. You may be surprised by the outlet it provides. In addition, your child will feel accepted and understood by you, and you will both likely enjoy the experience!



NEW PARENT VIDEO SERIES

Wonders & Worries is grateful to **Texas Oncology** for funding the creation of our new parent education videos. These videos demonstrate how parents and professionals can educate children and teens about cancer in developmentally appropriate ways.

This video highlights how to talk to a child about what cancer is and how it is treated with simple props and concrete language. Enjoy the video and please join us in thanking Texas Oncology for helping support children and families in our community.



WAYS TO BECOME A PARTNER IN HOPE

CONNECT WITH US

Follow us on [Facebook](#), [Instagram](#), and [Twitter](#) to keep up with what's going on and share about Wonders & Worries with your family and friends. We are here for them, just like we are here for you.

ATTEND OUR EVENTS

Our Unmasked Gala is coming up on February 7th! Buy tickets [here](#).

SHARE A MEMORY

Share a current picture and memory about your time at Wonders & Worries by emailing it to Nicole Halder at nicole@wondersandworries.

VOLUNTEER

Interested in [volunteering](#)? Learn about opportunities to help others at Wonders & Worries. We have something for everyone!

LEVERAGE THE HOLIDAYS

Leverage the next birthday or holiday to collect money to support future families of Wonders & Worries. Learn more about this on our [Community Champion page](#)!

PAY IT FORWARD

We rely on the support of businesses and the generosity of donors to be able to offer our services at no cost to families. You can help make a huge difference in the life of the next family in need by making a financial contribution.

No amount is too small to make a difference.

[Donate Here](#)

Visit our [website](#) for more information about **Wonders & Worries' services and resources for parents** or to refer a family.

For more information please contact Nicole Halder at nicole@wondersandworries.org or 512-329-5757, Ext. 120

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