



How to show love to those with a sick child

FOOD RELATED:

- Meal deliveries every 2-3 days to their home
- Meal deliveries to the hospital
- Uber gift cards or other meal gift cards
- Gift cards to restaurants that are in proximity to the hospital
- Bring caregivers food/snacks they couldn't find in the hospital, ex: milkshake, chocolate, etc.
- Make and deliver healthy lunches to sibling's school/organize some make ahead school lunches
- Have easy to grab breakfast items

HOME RELATED:

- Hire housekeeper
- Yard work/mow the lawn
- Take trash cans to the street weekly
- Run errands for the family
- Caring for pet (*for example: walking the dog, mobile dog cleaning*)
- Stock the fridge with food that is quick and easy on the go

CHECKING IN:

- Sit with caregiver at the hospital
- Sit with child to give caregiver a break
- Quick text messages not requiring a response (*for example: thinking/praying for you*)
- Remember special anniversaries
- Being with family the night before and day of surgery
- Visiting in lobby or quick walk outside with caregiver to give a break from hospital room
- Encourage caregiver to take time for themselves doing something they enjoy (*for example: cake decorating class, self-care*)

FAMILY RELATED:

- Take siblings on playdates and include them in activities
- Run carpool taking siblings to and from school

OTHER IDEAS:

- Knitting a prayer shawl
- Art work (*for example: picture, painting, drawing, handwritten prayers from people*)
- Dropping off household supplies at the home
- Gift cards for parents (*for example: Kindle, Apple Music, etc.*)
- Have other kids write/draw messages of encouragement
- Audio record reading children's books to play for patient
- Send thoughtful letters
- Make a photo album
- Assemble a care package
- Bring toys for patient to play with in hospital bed

HELPFUL WORDS:

- Remember the diagnosis and read up about it
- Remember a major surgery, test, or upcoming procedure
- Share words of encouragement or a thoughtful gesture

