

Keep S'myelin

PARENTS' PULL OUT

How to Read

this issue of Keep S'myelin

with Your Kids

Use this issue of Keep S'myelin to help you and your children talk together about the changes MS has brought to your family. Change is difficult for all of us, regardless of age. However, children, in particular, rely on routines; they like to know just what to expect, and for the most part, enjoy the status quo. Unfortunately, MS is accompanied by many changes for the family and whether it's shifts in roles of family members, changes in daily routines to accommodate MS symptoms, or transformation of the emotional climate of the household, it helps to talk about these things openly.



- Help your child(ren) express how they feel about the changes MS brings by encouraging them to write a poem.



- Read the stories other children have contributed to Keep S'myelin and encourage them to send us a story about how they feel about MS.

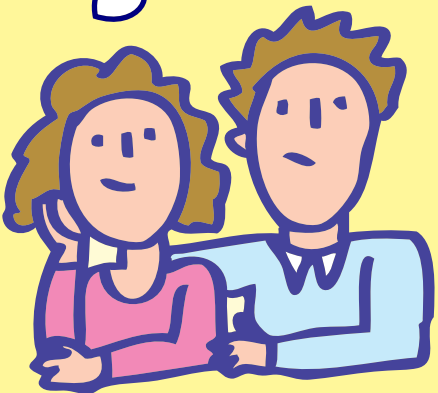


- Work with them to further help them identify how everyone in the family feels about MS.



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Parenting Concerns:



“As a person with MS, will I be able to be an effective parent and provide a good role model for growing children?”

Most people have strong opinions about what it takes to be a “good” parent. Men often envision themselves playing sports or doing other kids of physical activities with their kids, while women tend to think about activities like preparing healthy meals, managing birthday parties, participating in school events, shopping for school clothes and supplies with their kids.

Fortunately, “good” parenting comes in a variety of packages and love can take many forms. The important thing is providing children with a secure and loving environment in which to grow.

Regardless of your physical abilities or disabilities, you can model important qualities for your children, like warmth, honesty, flexibility, and determination to meet whatever challenges come their way.

WARMTH

DETERMINATION

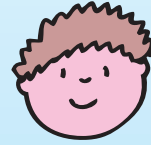
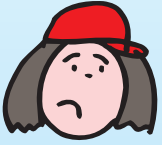
FLEXIBILITY

HONESTY



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HELP YOUR CHILD WRITE A POEM ABOUT MS



Encourage your child to write a poem about how he/she feels about MS. Writing, drawing and talking about feelings and MS can help your children feel better.



A stanza is a group of lines of poetry and helps to organize a poem. Have your child try writing a poem that has three stanzas with five lines each. The first line of each stanza can be the same. Here's an idea for writing a poem about feelings and MS:



I feel _____ and _____

Four blank lines for writing the first stanza of a poem.



I feel _____ and _____

Four blank lines for writing the second stanza of a poem.



I feel _____ and _____

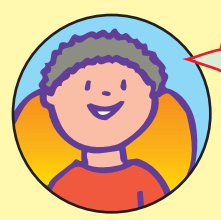
Four blank lines for writing the third stanza of a poem.

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RESOURCES FOR YOU AND YOUR FAMILY

STAY CONNECTED. Visit msconnection.org to join a community discussion, share your story, raise awareness or access additional resources.

HOW CAN YOU SUBSCRIBE TO KEEP S'MYELIN?



Contact an MS Navigator® at 1-800-344-4867 and ask to be added to the mailing list. Or you can email us at keepsmyelin@nmss.org IT'S FREE!

WE LOVE TO HEAR FROM YOU

Please send your MS-related poems, stories or drawings to [Keep S'myelin, National MS Society 900 S Broadway Suite 200 Denver CO 80209](mailto:keepsmyelin@nmss.org) or email us to keepsmyelin@nmss.org



CALL 1-800-344-4867 to learn more about the National MS Society programs, support and services available to you and your family.



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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.

Please give us feedback.
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