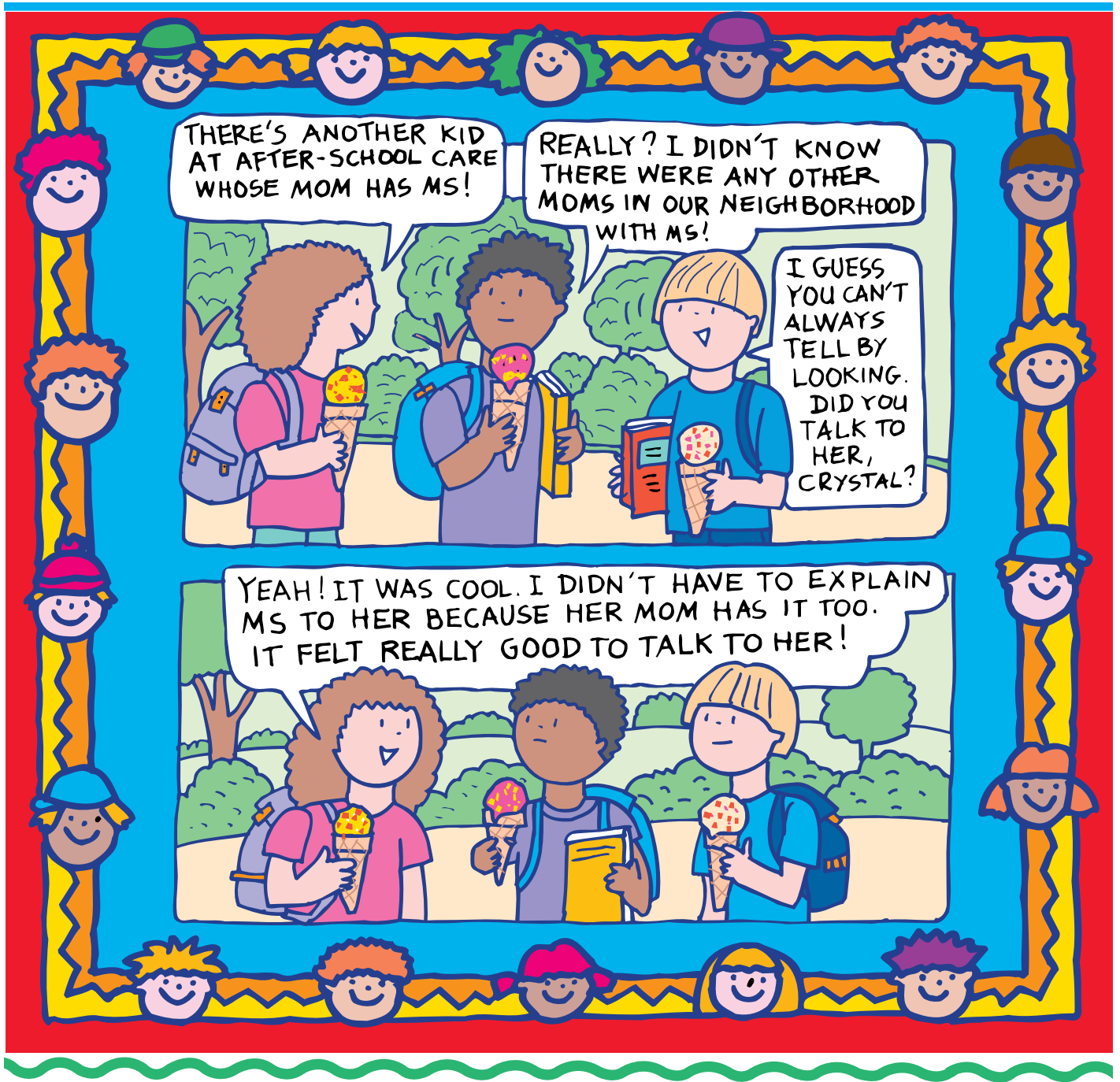



KEEP SMYELIN

AN ACTIVITY BOOK ABOUT MS FOR KIDS



The page features a light green background with a pink border. A dotted blue line forms a decorative frame around the text. Scattered throughout are colorful stars in shades of blue, orange, green, and purple. A central white box with a dotted orange border contains the text.

If you just found out that your mom or dad or someone else you know has multiple sclerosis (MS), or even if they've had it for a while, you probably have lots of questions. You're not alone! Lots of kids have questions about MS. Multiple sclerosis is hard to say and spell, and really hard to totally understand!

This activity book is for you. It will help answer some of your questions. It may also help you to talk with your family and friends about the changes multiple sclerosis can bring.

ALL ABOUT ME!

When a family member has MS it is important to remember that each person in the family is special. Sometimes it may be hard for you to remember that you are special, too!

My name is _____

I am _____ years old

I am special because _____



MY FAVORITE THINGS

What are some of your favorite things?

Food _____

TV show _____

Game _____

What I like to do _____

Animal _____

Story _____

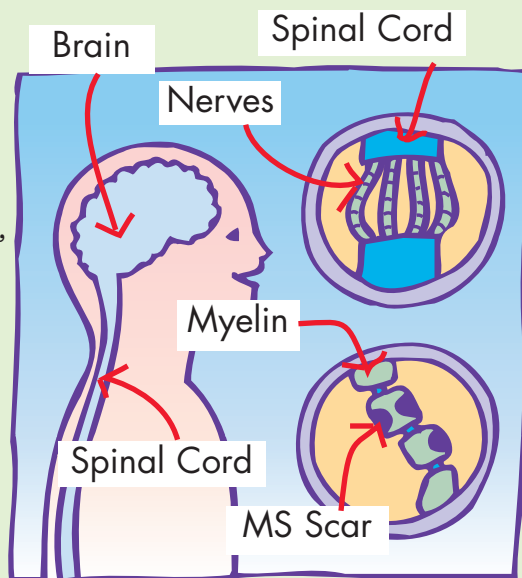
What makes you the same as your mom or dad? _____

What is MS?

MS is a sickness that affects the central nervous system (the brain and the spinal cord). The brain is like a computer that sends messages to the body telling it what to do. The spinal cord is like a thick cable of wires attached to the computer. Messages travel from the brain, along the spinal cord, to the muscles and other parts of the body. If the brain wants the fingers to wiggle, it sends a message along the spinal cord out to the arm and down to the fingers, and they wiggle.

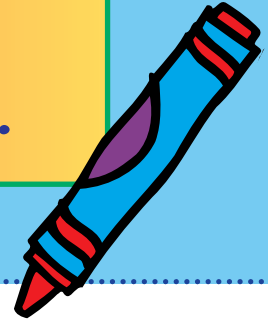
When a person has MS, the covering or coating (called myelin) that protects the nerves in the brain and spinal cord gets damaged. Myelin works like the rubbery coating around electrical or phone wires. When wires on a telephone lose their coating, the sound gets crackly.

As messages travel from the brain, they sometimes get stuck or slowed because the myelin is damaged. When this happens, muscles or other parts of the body can't always do what the brain is telling them to do.



MULTIPLE means many.
SCLEROSIS means scars.
Multiple sclerosis means many scars.

This is HOW
I imagine
MS might look...



Q. Can I catch MS?

A. No, you can't catch MS from your mom, dad or anyone. MS is not like a cold. You can give lots of hugs without worrying about catching it.

What are MS symptoms?

Your mom or dad with MS may be having trouble doing everyday things...putting on socks, making a sandwich, or walking the dog. Your parent's body may feel "funny" or different. These are called "symptoms." It's hard for a person with MS to know from one day to the next how he or she will feel. That is why we say that MS is **unpredictable**.

MS symptoms can be very mild, very serious, or somewhere in-between. They can come and go. Sometimes the symptoms disappear for a few days, weeks or months, and then come back again. There are many different symptoms.

SYMPTOMS OF MS

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



BALANCE CLUMSY DIZZY MOODINESS NUMBNESS
 PINS AND NEEDLES SEEING TALKING TIRED
 TREMBLING WALKING WEAKNESS

See if you can find the magic solution to this puzzle!
 What do we know about symptoms and people with MS?

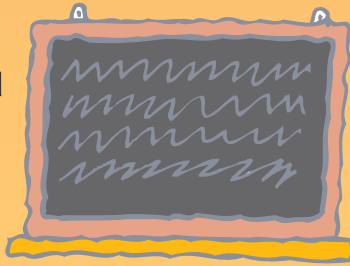
ANSWER: EVERY PERSON WITH MS IS DIFFERENT

WHAT IS AN MS EXACERBATION?

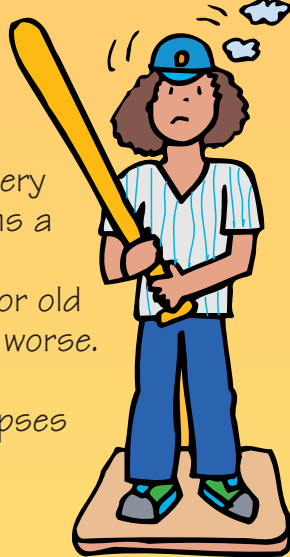


Imagine sitting in school.

Suddenly the blackboard goes fuzzy and you can't read anything. Or imagine it's your turn to bat and suddenly you don't have the energy



to take a swing or even walk off the plate. That is how it might feel to get an MS exacerbation (egg-zas-sir-BAY-shun).



Exacerbation is a very big word that means a time when new MS symptoms appear or old symptoms become worse. Exacerbations are also called relapses or attacks.

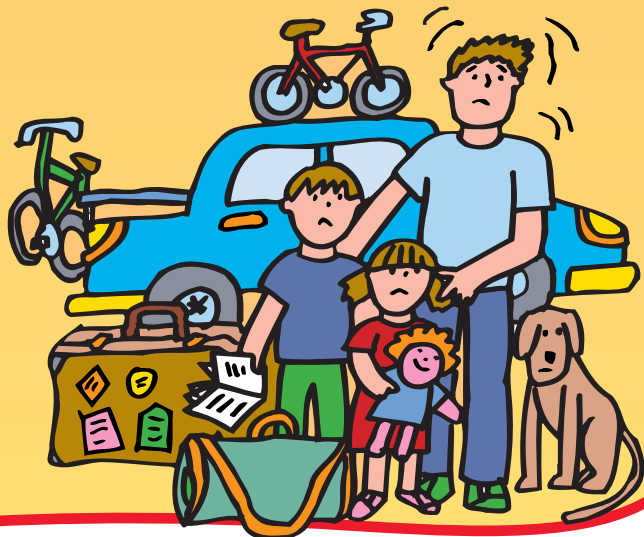
No one knows what causes a person to get MS in the first place. And no one

knows what causes a person with MS, who has been feeling fine, to have an exacerbation.



But we do know that there's **nothing** a kid can do that can cause a parent to have an MS attack. Forgetting your

home work, skipping chores, or fighting with your sister might annoy your parents, but it can't cause an MS attack!



Let's meet the people who take care of people with MS

WORD SEARCH

FIND THE SPECIALISTS

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

NURSE

RADIOLOGIST

SPEECH
THERAPIST

UROLOGIST

SOCIAL WORKER

PSYCHOLOGIST

PHYSICAL
THERAPIST

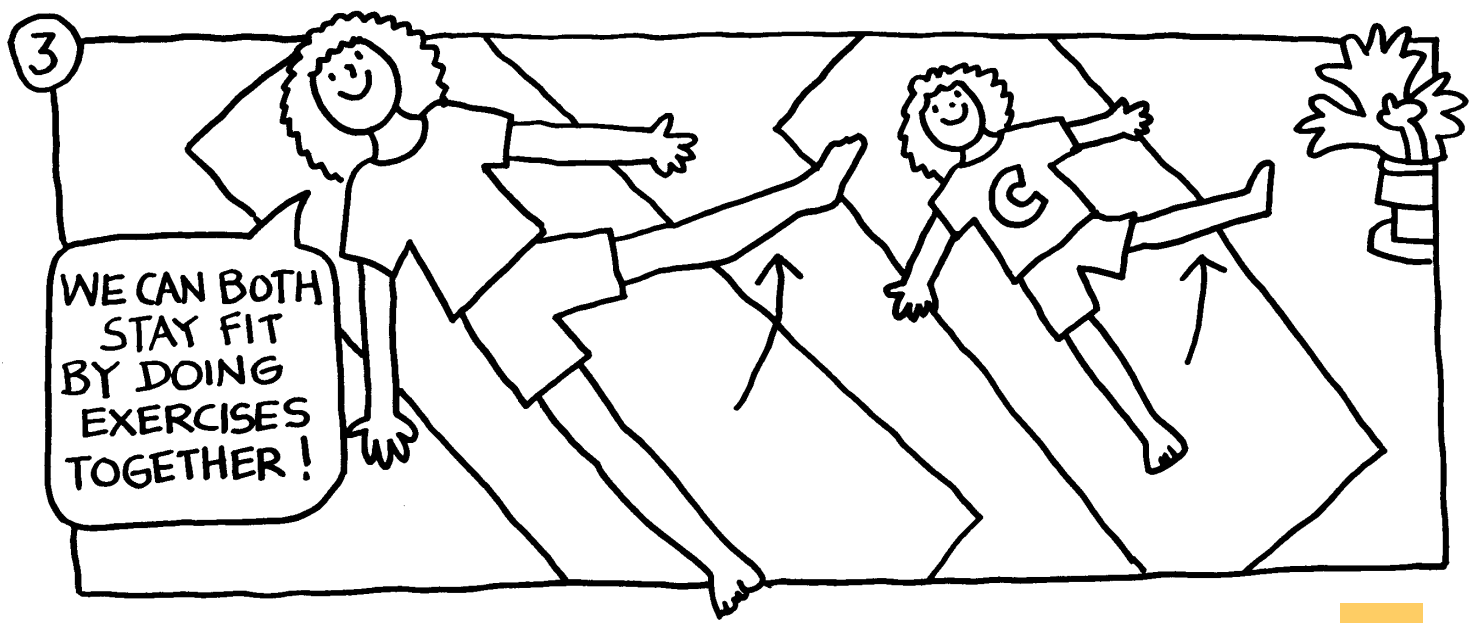
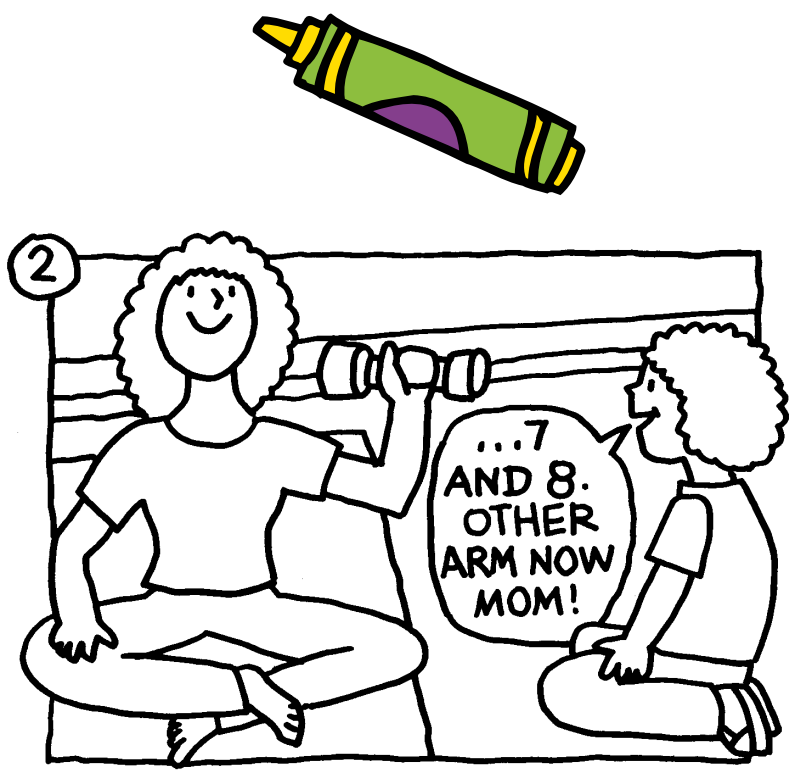
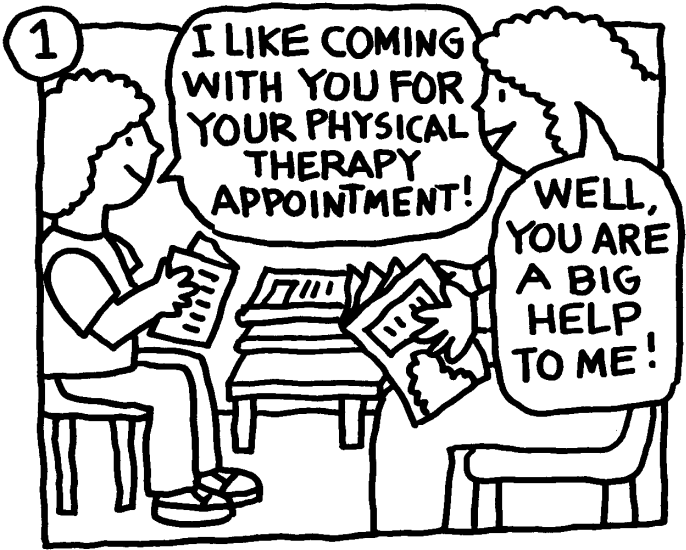
THERAPIST

NEUROLOGIST

OCCUPATIONAL
THERAPIST

MICHEL CRISTINE ET BENJAMIN

LES AMIS DE MYÉLINE

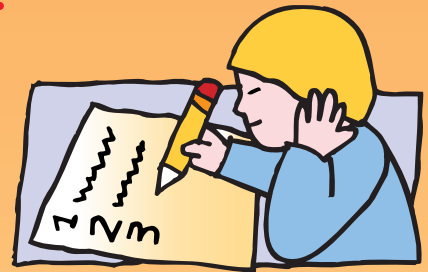


YOUR FEELINGS

MS affects everyone's feelings in the family, not just the person who has MS. Sometimes MS might make you feel mad, or you might feel sad or scared if your parent isn't feeling well. You will also feel glad because you love your mom or dad and get to do fun things together.

Sometimes the hardest thing about feelings is **sharing** them with others, but talking about feelings can be helpful. It can make you feel better and bring you closer to people you care about and let them know what some of your worries might be.

Making a list of your feelings can help. You can do this in your head, on a piece of paper, or in a poem or drawing. Then you can share your list with someone you trust—like your mom or dad. This will help you feel better.



Find someone:

- Who is easy to talk to
- Whom you like and trust
- Who listens to your feelings

I would tell them that I deal with the same feelings.
TS, Toronto, Canada

I would say they should not worry. It will be OK. Well, they can worry a little bit, but not too much!
SA, Ghana

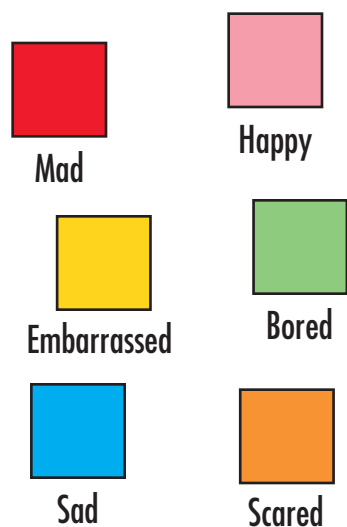
I would tell them to try to forget it's there most of the time. But don't put it totally out of your mind at all times, because your mom or dad still needs your help!
SM, Vancouver, Canada

I would say: "Let out your feelings! And exercise!"
TR, New Jersey, USA



1. Draw a picture of each person in your family (including yourself).

2. Color the pictures using these colors to show how each person feels.



3. Show your drawing to the people in your family and talk to them about the feeling colors you used.

Having a mom or a dad with MS can sometimes be tough. Talking about feelings can help everyone feel a little better!

What Happens When MS Joins the Family?



Living with MS brings changes to every member of a family. Some changes may be big, others can be small. Here are some of the changes that kids sometimes see:



Your mom or dad may feel different from one day to the next—for example, having a lot of energy one day and feeling very tired the next. It's a good idea to have a back-up plan for days when your parent doesn't feel well.



Your mom and dad may also seem more worried than usual. This can happen when someone in the family is diagnosed with MS and no one is sure exactly what to expect. If you start to get worried too, be sure to let them know. Worries feel better when you talk about them.



When someone in a family gets MS, everyone else may need to help. Sometimes moms and dads trade jobs and responsibilities because the parent with MS can't do the things that he or she used to do. Kids may be asked to do more chores. While kids tell us that they don't always like the extra chores, they also say that helping their parent with MS makes them feel proud.

Q: Is it the MS that makes my mom cranky?



A: Moms and dads with MS can sometimes be cranky. They may feel tired, sad or frustrated by things they cannot do, or just plain grumpy. The important thing to remember is that everyone feels cranky sometimes, even moms and dads who don't have MS. Maybe you and your parents could talk about the kinds of things that make each of you feel cranky and the things that make you each feel better.

S M Y E L I N K I D S



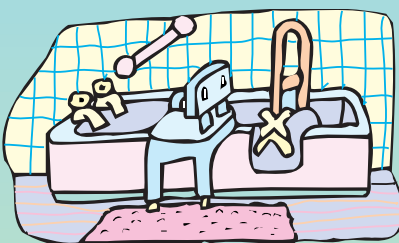
TOOLS CAN MAKE

LIFE WITH MS

Easier

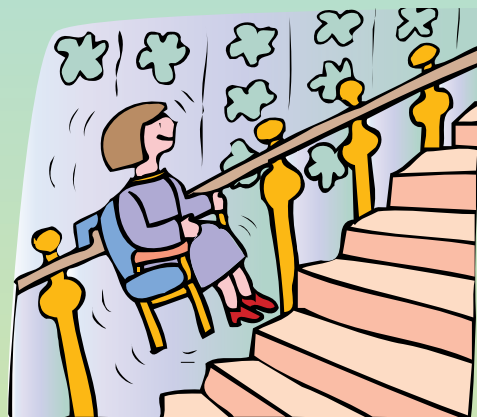


Many people with MS use different types of tools or gadgets to help them move about, have fun, and do everyday activities. For example, someone you know may use a cane, a wheelchair or scooter, grab bars in the bathroom, or a computer that works by talking to it!



In fact, we all use tools to help us with everyday activities: a backpack to help carry things, glasses to help see more clearly, a shopping cart at the super market to hold groceries. Can you think of any other tools we use?

Perhaps your mom or dad has made changes to your house to make it easier and safer to get around, like building a ramp or adding a grab bar in the bathroom.

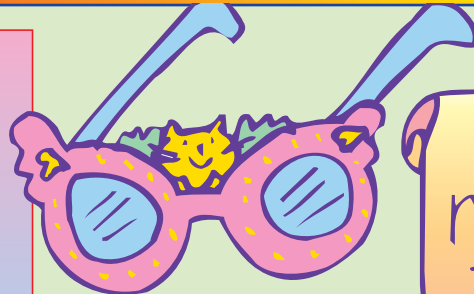


Can you think of a tool that might make life easier for someone with MS?

CAN GAME

All kinds of things **CAN** make our lives easier. Glasses **CAN** help us see. A calculator **CAN** help us add numbers more quickly. A list **CAN** help us remember what we need to buy at the grocery store.

We all use tools everyday that **CAN** really make a difference.



1. Sweet treats made with sugar that children especially enjoy at Halloween.

CAN _ _

2. A light, narrow boat with pointed ends. You use paddles to move it forward.

CAN _ _

3. A small, yellow songbird often kept in a cage.

CAN _ _ _

4. A fun dance involving high kicks.

CAN _ _ _

5. A tall, narrow tube object made of wax with a wick inside. It can be used to help us see in the dark.

CAN _ _ _

6. A stick used as an aid in walking can help people keep their balance when they walk.

CAN _

7. A container for drinking water, often carried by campers.

CAN _ _ _ _

ANSWERS

1. Candy 2. Canoe 3. Canary
4. Cancon 5. Candle 6. Cane
7. Canteen



Jokes/Riddles

What dog loves to take bubble baths?

A shampoo-dog!

Doctor, Doctor I feel like a pack of cards.

I'll deal with you later.

If athletes get athlete's foot, what do astronauts get?

Missile-toe.

How do you fix a broken pizza?

With tomato paste!

Michelle's mother has four children. The first is April, the second is May, and the third is June. What is the name of the fourth child?

A. Michelle.

What do you call cheese that is not yours?

NEIGHBOR cheese.

Why did the football coach go to the bank?

To get his quarterback!

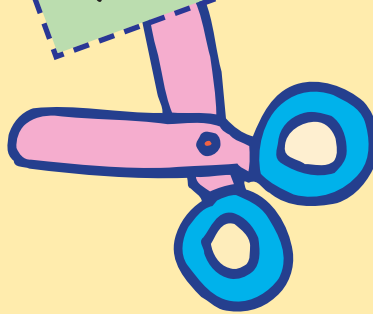
AND

Fun



PICTURE

PUZZLES!



ACTIVITY

Here's a great idea for picture puzzles! You will need scissors and old photos or pictures that you don't need to keep. Cut the pictures into different shapes and sizes. The puzzle starts when you try to put the pieces back together! This is a great activity for kids. You can make pieces easier to handle by gluing them on cardboard. You can store them in a box or ziplock bag and use them again.



GAMES



TY

For your box of
and a pair of
os that have
don't want to
s into several
sizes. The fun
to put the
To make the
le, mount them
n also store
per bag to play



COUPONS OF LOVE

Here is a great gift idea for someone you love who has MS. Make a "coupon"! Here are some ideas for coupons you can give your mom or dad.

Your mom or dad will love this kind of present because it tells them you love them and want to help!

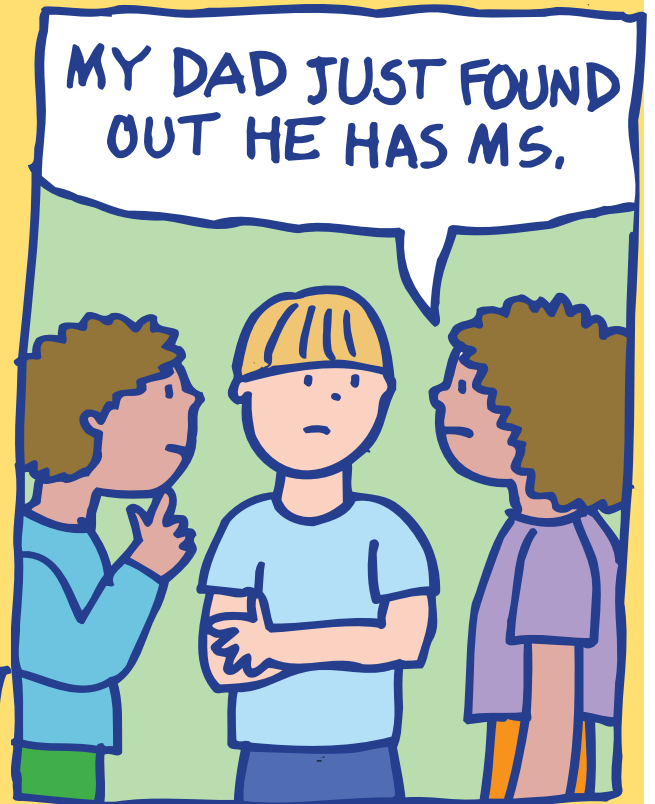


What Would You Do?

Talk to your mom and dad about what you would do.



This girl and her mom want to get into the library, but there are too many stairs. **What would you do?**



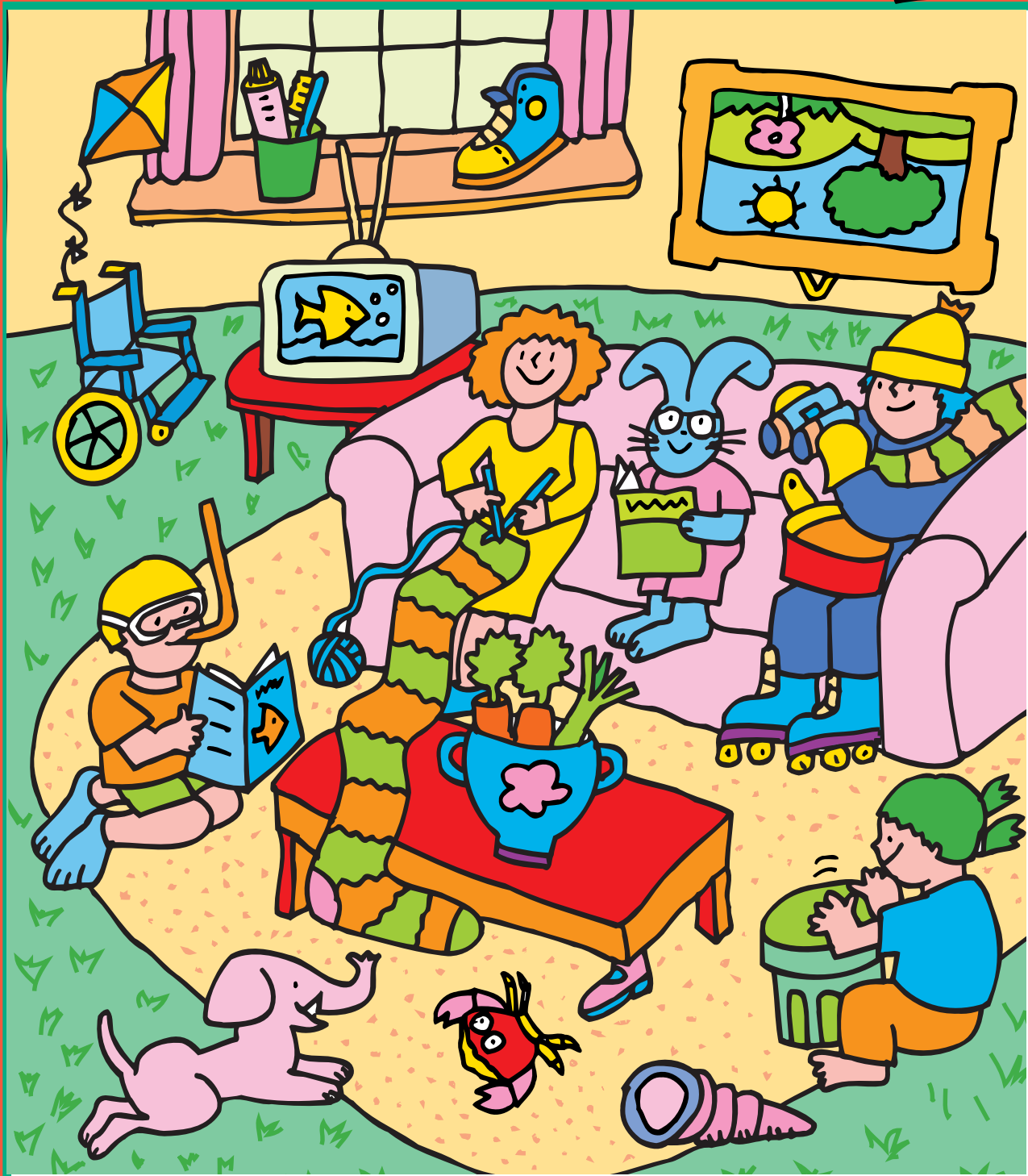
This girl just found out that her dad has MS. **What would you do?**



It's very hot out and this dad with MS has been out in the yard for a very long time. **What would you do?**



WHAT'S SILLY WITH THIS PICTURE?



Where is the cure for MS?

Grownups are always saying, "Be patient!" But it's hard to be patient waiting for the cure for MS. MS research is moving faster than ever before. Every day scientists are getting closer to the answers we need to important questions: What causes MS? What can cure MS? What can prevent MS from happening to someone else?



We don't have a cure for MS yet, but scientists from all over the world are working together to find the answers. Computers help them talk to one another about their ideas and the results from their experiments. They can give each other help without having to be in the same place! Just like the teamwork it takes to score a goal in soccer or build a skyscraper or send a man to the moon, it takes teamwork to find the answers to MS.

What would a cure for MS look like?

Maybe it will be a vaccine to keep people from ever getting MS. This would be like the shot you get from your doctor so you won't ever get the measles or mumps. Or, maybe it will be a medicine that makes MS go away once a person has it. Or, maybe it will be a cure that helps the cells in the immune system do what they are supposed to do. Scientists are exploring all these possibilities, and more. And maybe, the cure will turn out to be something that no one has even thought about yet.

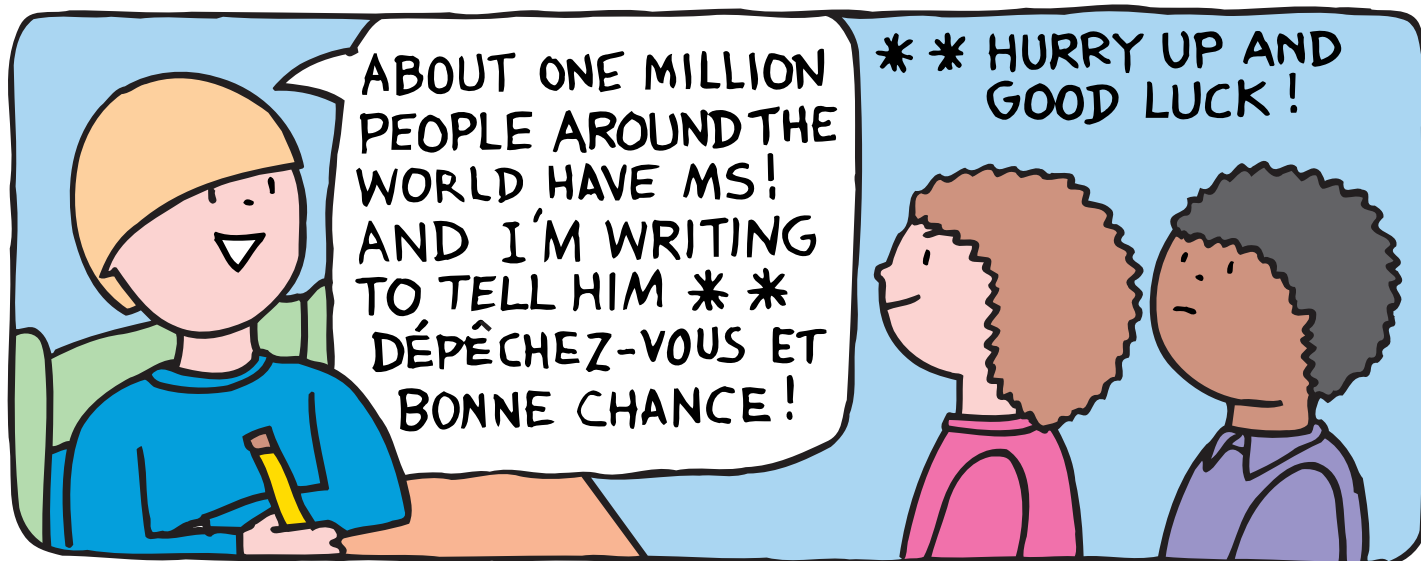
What do you think the cure for MS will be?

Q. Do people die from MS?

A. No, people almost never die from MS. Once in a great while MS causes other problems that can make a person very sick or even die, but this does not happen very often.

MICHAEL CRYSTAL AND BENJAMIN

S'MYELIN KIDS



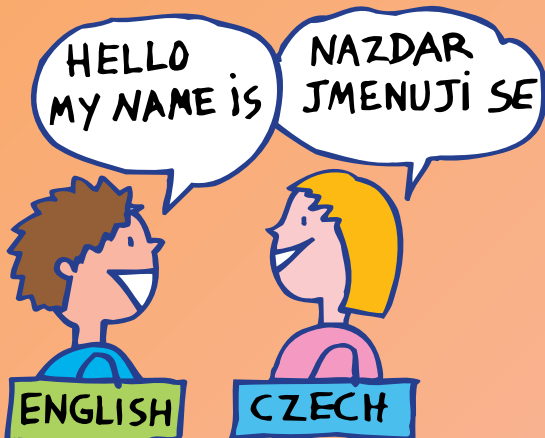
SAY HELLO!

Q

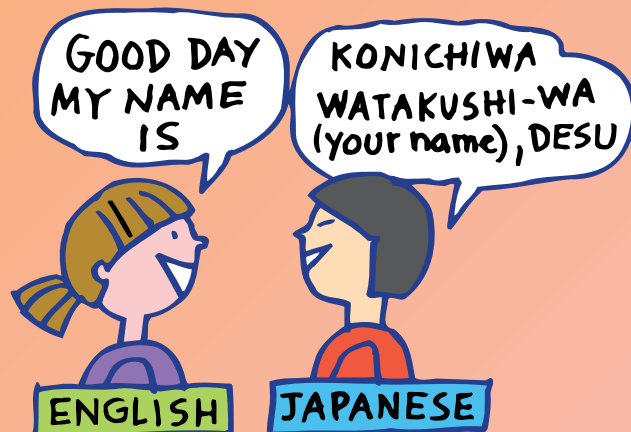
If you wanted to say hello to everybody in the world, how many people would that be? And how many languages would you have to learn?

A

You would have to say hello to almost 6,000,000,000 people and learn at least 2,796 languages! Here are some examples:



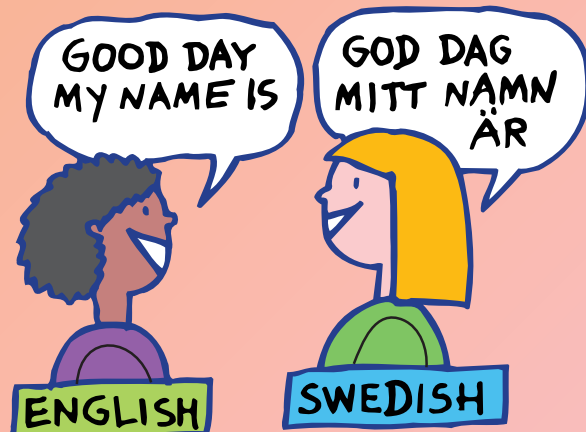
Pronunciation:
NAH-zdar ihmeh-noo-EE seh



Pronunciation: koh-NEE-cheewah
Wah-TAHK-sheewah (your name)-DEHSS-ew



Pronunciation:
ZzDRAST-vet-yah Men-YAH zoh-VOOT



Pronunciation:
goo dahg meet nahmn air

Visit this website to learn more: <http://www.ipl.org/youth/hello/>

★ MS QUIZ ★

- The covering around the nerves is called _____
- The physical problems caused by MS are called _____
- MS can change from one day to the next—that's why we say it's _____
- MS affects the brain and spinal cord, which together make up the _____
- Messages going from the brain to other parts of the body travel along the _____
- The brain acts like a _____
- The words multiple sclerosis mean _____

Pick your answers from the scrambled words below:

- nylime
- ispain droc
- otrpucme
- nmay csras
- iplrenudtcabe
- tspmyosm
- tcnelra rvnosue yssmte



Answers

1. Myelin
2. Symptoms
3. Unpredictable
4. Central nervous system
5. Spinal cord
6. Computer
7. Many scars

The Multiple Sclerosis Society of Canada and the National Multiple Sclerosis Society are 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, consult a qualified physician.

Neither the Multiple Sclerosis Society of Canada nor the National Multiple Sclerosis Society, endorse or recommend products, therapies, services or manufacturers. The Society assumes no liability whatsoever for the contents or use of any product or service mentioned.

The mission of the Multiple Sclerosis Society of Canada is to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

The mission of the National Multiple Sclerosis Society is to end the devastating effects of MS.

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This activity book is based on the National Multiple Sclerosis Society's award-winning publication, *Keep S'myelin*, a newsletter for children with a parent or loved one with MS. For more information on the newsletter please call 1-800-FIGHTMS (1-800-344-4567). Interactive versions of the newsletter are available at www.nationalmssociety.org and click on *Keep S'myelin*.

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