



Purple Playas Coping Kit™

INSTRUCTIONAL GUIDE



Purple Playas
Foundation™
Hope for kids with chronic illness





A Gift of Smiles to Children with Chronic Illnesses



**Purple Playas
Foundation™**

Hope for kids with chronic illness

Purple Playas Foundation's founder, Parker, has endured the effects of chronic illness since the age of 8 and is determined to help others.



Purple Playas Foundation provides support and resources in the area of pediatric complex chronic care and gives the gift of smiles to children with chronic illness and their families.

Your donation will help us

- 1** Provide social-emotional resources and information on coping with medical trauma to support families and children impacted by chronic illness.
- 2** Provide funding and resources to providers/families of children with chronic illness to bring smiles to children's faces. For example: funding to camps that support children with chronic/complex illness, food/gas cards to get to treatment, gaming systems for hospitals, durable/medical equipment not funded by other means, family fun days to connect families, etc.
- 3** Support fellowships/scholarships in high need pediatric care with a critical shortage, beginning with pediatric rheumatology.

PurplePlayasFoundation.org

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EIN 61-1896617



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Dear Caregivers,

Welcome to the Purple Playas Coping Kit. This bag of medical play materials is intended to assist you and your child on this journey of chronic illness. We developed these materials in collaboration with an advisory team consisting of families, nurses, educators, child life specialists, children, and siblings of children with chronic illness.

This kit is full of love and support directly from our family's hearts to yours. I am a parent who has been on this journey since 2008. As a mom of a child who has battled for his life, navigated through multiple medical diagnoses, and endured many surgeries and procedures, hospital stays, and ongoing care, my family and I want you to know that you are not alone, and there is hope as you endure.

In 2018, I left my long-time career in early childhood education where I proudly supported young children with disabilities and challenging behavior. There were many instances where my professional life intersected with my personal life of raising a child with chronic illness. I quickly realized that social workers, nurses, and child life professionals were very much like my educational counterparts in hospital settings and infusion clinics. I found myself sharing and brainstorming with them to bring social-emotional supports to children with chronic illness as they coped with all the scary and intense medical experiences. Because I used my educational expertise when supporting my son, Parker, he incidentally began teaching and supporting other kids when he was getting treatment in the infusion room or in the playroom at the hospital. We began to realize that evidence-based social-emotional supports that were utilized in my professional world translated directly to supporting children with medical needs.

We hope that this kit provides you with tools that help you and your child cope with chronic illness. Our website has instructional video clips on how to use the items within your Purple Playas Coping Kit. We also encourage you to visit our Facebook page, Pinterest, and website for more information and supports.

Much Hope,

Rochelle Lentini, CEO
Purple Playas Foundation

PurplePlayasFoundation.org



Purple Playas Coping Kit™

The Purple Playas Coping Kit™ is an educational and medical play kit for young children with chronic illness and their families.

The Purple Puff, also known as “Puffy,” is a stuffed character who has chronic illness and is learning how to cope with medical care, which can be scary or difficult for children. A boy named Parker created Puffy. Parker had to take a lot of steroids as one of his medical treatments, causing him to gain weight. During one hospital stay, Parker was asked to paint a ceiling tile and he painted a big purple puff character with a word bubble that said, “I’m not fat. I’m puffy!” This is how Puffy was born.

With the help of child life specialists, medical professionals, educators, and other families, the Purple Playas Coping Kit™ was lovingly developed to give children a way to understand and process their ongoing journey with chronic illness through play therapy and social-emotional supports.

The Purple Playas Foundation (PPF) funds the Coping Kits in hopes that each child can receive a complete kit for free from his or her medical care provider.

There are 3 different coping kits for 3 different age groups:

- Baby/Toddler Coping Kit (White PPF Cinch Sac)
- Young Child Coping Kit (Purple PPF Cinch Sac)
- School Age Coping Kit (Black PPF Cinch Sac)





- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



"Puffy" with a "Brave Heart" Power Pin. Purple Puff's nickname is Puffy. He is a soft and puffy stuffed character with chronic illness who wants to help children like him. He has a very special clear pouch pocket where he collects his Bravery Stickers for being brave at the doctor's office, hospital, infusion clinic, blood lab, and at special camps for children with serious illnesses. Puffy would love to be your friend, and he has a very special "I am BRAVE" Pin for you. You should be proud of how BRAVE you are!

- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



When Purple Puff Gets Scared...Tucker Turtle Teaches Him How to Be Brave. This book was written by Parker and his mom. It is a scripted story to assist with teaching the "Turtle Technique" (a self-regulation technique) when children feel anxious, mad, frustrated, or scared about medical needs. In the story, Tucker Turtle teaches his friend, Purple Puff, how to be brave.

- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



PPF Journal. This folder is a place to store your Bravery Stickers. It includes an instructional guide with: a letter from the CEO (Parker's mom), PPF goals, directions, and information about how to use the items in the coping kit. Children can choose to save their Bravery Stickers in the journal or place them on their Purple Power Capes. The journal can also be used to draw or write about your experiences, tips from the doctor, or a place to keep notes to discuss with your doctor or counselor.

- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



PPF Fidget Spinner Pen. Your child may use the pen to write in his/her journal and spin it for calming and self-regulation. *(Not safe for children 3 years old and younger. If your child is 3 or younger the pen is intended for the caregiver to use.)* Dealing with a chronic illness can be stressful. Both fidgeting with the spinner and journaling with the pen are intended to help with calming one's self and to regulate emotions as you process and endure on this medical journey.

- ☒ Baby/Toddler
- ☒ Young Child
- ☐ School Age



Purple Power Cape ...because brave kids deserve a super hero cape (Please note, for safety, the cape is intended for children 3 years old and older). We believe every child can be a hero! The Purple Power Cape is to wear to medical appointments or just for fun. As children receive Bravery Stickers for brave acts, you can stick them on your cape or in your journal.

- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



PPF Band Aids for boo boos (latex free). Sometimes things are better with a band-aid full of love.





- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



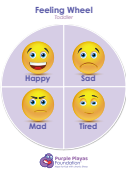
PPF Heart Ice/Warm Pack. Some children do better with needle sticks if you first numb the area. The ice pack can also be used after needle pokes and for other boo boos. You can also place the heart in hot water and use it on sore joint or muscles.

- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



PPF Pinwheel with Purple Grape Lip Balm (to teach deep breathing steps). Just like Tucker Turtle, Purple Puff learns how to breathe deeply to calm himself. Your child can learn too. Rub grape lip balm scent on center of pinwheel to practice “smelling the flower, blowing the pinwheel” just like in the story. These tools help teach children, and guides deep breathing. When one deep breathes, he/she calms, the heart rate slows down, the body relaxes, and the mind clears. Then he/she can problem solve by thinking of a solution, with an adult’s help, of course.

- ☒ Baby/Toddler
- ☐ Young Child
- ☐ School Age



Infant/Toddler Feeling Choices. This simple set of feeling pictures is for babies and toddlers to communicate emotions by pointing to how they are feeling. You can start by using the simple 2 feeling pictures version and later move to the reverse side with the 4 feeling pictures. The parent may point to the feeling and label it for the child. (“I see you are sad,” or “You are happy to see Daddy.”) Often, just by acknowledging children’s feelings, it can begin to calm them or help them feel understood.

- ☐ Baby/Toddler
- ☒ Young Child
- ☐ School Age



Feeling Wheel. This simple wheel of feeling pictures is for young children to communicate emotions by moving the arrow to how they are feeling. Parents may also use the feeling wheel to model their own feelings and/or label their child’s feeling. (“I see you are scared,” or “You are proud you took your medicine.”) Validating feelings and teaching children about their emotions can help children stay calm and to begin to understand that using emotional vocabulary will help others understand how they feel.

- ☐ Baby/Toddler
- ☐ Young Child
- ☒ School Age

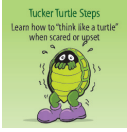


Feeling Stop/Go Door Sign. This simple stop/go door sign with feeling emojis is for your child to communicate emotions by showing how he/she feels paired with the stop or go sign. A child may move the clothespin to “happy” and put up the “go” sign, indicating that you can come into his/her room. A child could use the “angry” emoji and the “stop” sign, indicating that you should not come into the room. In addition, if the child moves the clothespin to “angry” and puts up the “go” sign, this allows someone to enter his or her room. Often, just by acknowledging children’s feelings and boundaries, it can begin to calm them or help them feel understood. Also, when children indicate their feelings, it may set the stage for conversations.





- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



Tucker Turtle Steps. Use the visual cues to assist your child with coping and to self-regulate his/her emotions. Just like in the story, you can use these visual picture cards to guide your child. The foldable cue cards can be stored in a wallet, purse, or backpack for quick access when needed at medical appointments. Step 1: Recognize and label your child's feeling (sad, mad, frustrated, scared). Step 2: Stop and go inside your shell (tucking like a turtle). Step 3: Take 3 deep breaths (this is where you can practice smelling the flower, blowing the pinwheel). Step 4: Think, think, think of a solution (If the situation is medical, use the Coping Choice Cards. If the situation is a general problem, use the Solution Kit choices to guide your child.)

- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



Coping Choices. Choices for coping with medical issues. Every child is unique and so are ways to cope with difficult medical situations. There are many ways that you can guide your child, and some children even can come up with their own coping mechanism. Adults can use such strategies as distraction techniques (music, playing a game, TV), counseling, sensory input (squeezing a pillow/Puffy, hugging), pre-talking through a situation, etc. The key is to help ease what is hard for them and help them through it. The foldable cue cards can be stored in a wallet, purse, or backpack for quick access when needed in medical appointments.

- ☒ Baby/Toddler
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Problem Solving Steps. When children have problems or conflict, they often have a hard time coming up with solutions. Sometimes they show this through their behavior or emotions. The problem solving picture cues can help adults guide the problem solving steps: Step 1. What's my problem? Step 2: Think, think, think of a solution (show solution kit cards to offer choices). Step 3. What would happen? Would it be safe, fair? How would others feel? Step 4. Give it a try. Note that sometimes a first solution may not work, so you might have to try others. The foldable cue cards can be stored in a wallet, purse, or backpack for quick access when needed at medical appointments.

- ☒ Baby/Toddler
- ☒ Young Child
- ☒ School Age



Solutions Kit. As children are guided through problem solving (see above), these visual choices of solutions to common problems can help with understanding. The foldable cue cards can be stored in a wallet, purse, or backpack for quick access when needed at medical appointments.

For Printable Replacements

Please visit our "social-emotional supports" on our website to download and print additional Bravery Stickers and other printable visual supports for free: purpleplayasfoundation.org





Supplemental Bravery Stickers (not included in initial Purple Playas Coping Kit).

These stickers are intended to encourage children with chronic illness to continue to be as brave as they possibly can through all their medical issues. Providers who distributed the kit to your child can periodically give your child a sticker by placing it in their Puffy's clear pouch pocket. As children accomplish such tasks as getting their first shot or having an infusion poke, their nurse may recognize their bravery with a Bravery Sticker. We have also included social accomplishments, like "comforting a friend." Currently, there is a set of 12 different stickers (and there will be more choices in the future). You can visit our website to print additional bravery stickers onto sticker paper and give to your child.

