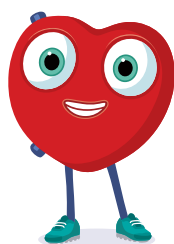


## HOW TO TALK ABOUT ORGAN DONATION WITH CHILDREN

### DO's



- Be age appropriate – see table overpage
- Teach through play
- Look at picture books
- Use the Orgamites to help keep it fun
- Focus on the positive messages of survival and healing thanks to organ donation
- Let your child lead you in the conversation and ask as many, or as few, questions as he or she needs
- Be confident and positive; your child will react to your emotions
- Be sensitive to any child that is uninterested or seems to be getting upset

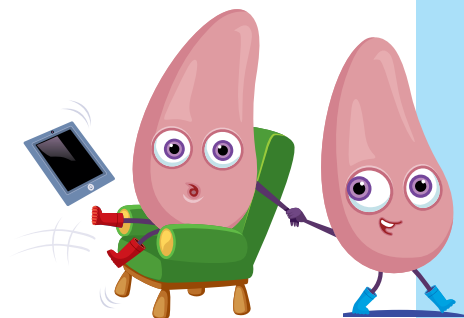
### DON'Ts

- Don't rush straight in to it, with anyone of any age
- Don't force a child to listen
- Don't focus on what it means to be a donor, concentrate instead on what it means to be a recipient



### COMMON REACTIONS

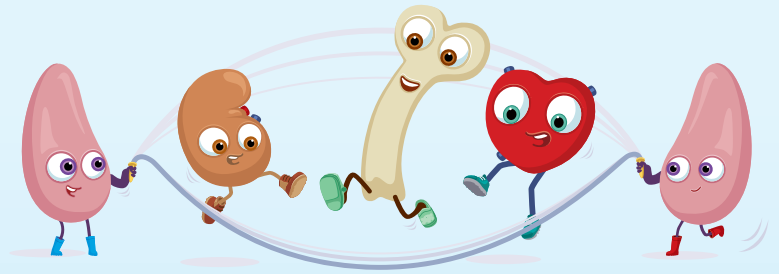
- Positive and understanding, great!
- Doesn't say much at all, just nods. Probably ok but worth checking in with them a bit later to see if they need time to think about it
- Upset. In this case, stop the conversation immediately, reassure your child and change the subject or go outside/do another activity



# The ORGAMITES™

AN INTERVENTION TO SAVE LIVES

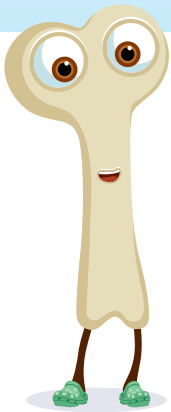
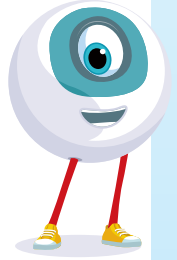
WWW.ORGAMITES.COM



## CHILDREN UNDER 4

Children under 4 are probably too young to grasp any complex issues about their internal bodies and organs. But they are certainly interested in what's on the outside of their bodies and pointing these out is a good basis to build on for later conversations about what's on the inside.

Point out your child's eyes, ears, tummy, fingers and toes, with simple explanations about what they do.



## CHILDREN 4-6

You can now start talking about what is on the inside of our bodies, the different organs and what makes our bodies tick. Say for example, "here is your heart beating, can you feel it going boom boom?" "here is your tummy where the food goes", "here are your lungs that breathe and take in oxygen from the air".

Take the lead from your child and don't worry if they really don't seem interested in this - all children develop at different rates, and not all will be ready to take it in.

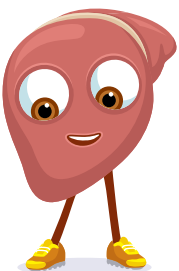
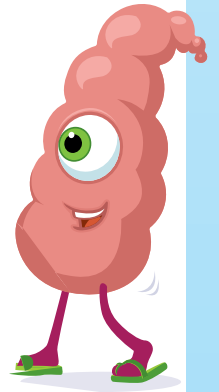
You can also introduce simple ideas about being ill and getting better, remind them of when they have had a cold or a tummy upset.

## CHILDREN 6-8

Play games such as 'Operation' to continue teaching the concept of where the organs are inside your body. Use appropriate books like "My Body: A kids' picture book", or "See Inside your Body".

You can also begin to talk about how sometimes people get ill and different organs might not be working properly. Use the Orgamites as a way of introducing the subject in a friendly and positive way, focussing on how each organ can be replaced so people that have been ill or in an accident can go on to live long and happy lives with their new organs.

Remember children this age are very smart and really take in facts you are telling them. They have memories like elephants. Be sure to prepare what you are going to say to them, as they are likely to question you on it again later.



## CHILDREN 9+

At this age, children can begin to understand proper explanations and will realise that people can get sick and die.

You should always stress that this is very unlikely in children - that most live a very long life, but that just occasionally a child can be ill or in an accident.

Watch case studies on the Orgamites website, or point out news stories where a child had their life saved as a result of receiving a donor organ.

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