

Making General Cards for Cards for Hospitalized Kids

General cards are cards that have a general uplifting message, rather than one specific to a hospital or season.

These are cards that we distribute year-round, rather than during a specific time of year.

Instructions for Making General Cards:

1. Gather up some supplies!

You can make a card with simply crayons and paper, or you can gather a bunch of supplies. It is entirely up to you.

You are welcome to use craft supplies, such as: stickers, stamps, etc., so long as it is not excessive to the point of falling/rubbing off (this can create health concerns for some kids). This is especially important when using glitter.

Rubbing your finger across the glitter, stamp ink etc., to ensure that none or little comes off, is typically a sufficient way to tell if it is excessive.

2. Addressing the card:

Since we do not yet know the child's name, please make sure you do not address the card to a specific person.

If you want to address the card, here are some suggestions:

- "Hey there"
- "Hey you!"
- "To: a very special person"

3. Writing on/in the of the card

At the request of hospitals, we you not to write "Get well", "Feel Better" or other illness related comments. This is very important because some patients suffer from medical conditions that are chronic, life-long, progressive and/or terminal.

Rather, we recommend that you write uplifting messages such as:

- **Stay strong**
- **You are awesome**
- **Never forget how amazing YOU are**
- **You rock**
- **I hope you have a great day today**

- **You shine brighter than the sun**
- **You inspire me**
- **Be Brave**
- **I believe in YOU**

These messages focus on the child as a whole, rather than their illness, which is important, according to Child Life Specialists.

You can also come up with your own uplifting comments. If you want us to review any comments, feel free to contact us.

4. Make sure that you do not...

- Include any personal information, such as: phone number, address, email address etc. Hospitals will not allow us to distribute cards with this information.

- Write any religious comments such as "God Bless" or "I'm praying for you". **Hospitals do not allow us to distribute cards with these comments.** Hospitals treat patients of all religions as well as patients that do not practice religion, which is why they do not allow this.

5. Sign your name:

Now, sign your first name on the card. (Please do not sign your last name).

If you wish to, you can also sign your state, such as "Katie from Nebraska", or organization such as "Girl Scouts".

6 Lastly, mail out the cards:

Cards for Hospitalized Kids
7290 W. Devon Ave.
Chicago, IL 60631