

Cards for Hospitalized Kids

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.

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, or writing within the card, here are some suggestions:

- **"Hey There"**
- **"Hey you!"**
- **"To: a very special person"**

Decide what to write on the card:

At the request of hospitals, **DO NOT** write “Get well” or “Feel Better” or other illness related comments. This is very important since some of the patients suffer from medical conditions that are chronic, life-long, progressive and/or terminal.

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**

You can also come up with your own uplifting comments.

Make sure that you **DO NOT**...

- Other than signing your first name, please 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 us to give out cards containing religious comments.

Sign your name: Now, sign your first name on the card. You can also sign your state, such as “Katie from NJ”, if you wish to.

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Holiday card-making FAQs and Information

Q: What Holidays do you need cards for?

A: We distribute cards for all major holidays: **Halloween, Thanksgiving, the Winter Holidays: Christmas, Hanukkah, New Years, etc., St. Patrick's Day, Easter/Happy Spring, etc.**

Q: What are the holiday card-making guidelines?

A: Guidelines are the same as for general cards; the only difference is that you include a happy holiday message for the holiday.

A: What are the rules regarding glitter, and similar craft products?

A: As with general cards, the only rule is that it is not excessive to the point of falling off, as that can create health concerns for some patients.

Q: Can I also write general messages?

A: Yes. You can also still include general messages from the **Make Cards** section, such as *“Stay Strong”* or *“Never Forget How Amazing YOU Are”* etc., along with the holiday message. It is up to you.

Q: Can I write “Merry Christmas” on holiday cards?

A: Yes. However, if possible, we recommend you also make some cards, for patients that don't celebrate Christmas, with other holiday messages, such as:

“Happy Hanukkah”

“Happy New Year”

“Happy Halloween”

“Happy Holidays”