



For more information about proton therapy and ways to help you and your child cope, contact our Certified Child Life Specialist, Erin Behen, at [erin.behen@seattlechildrens.org](mailto:erin.behen@seattlechildrens.org).



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**PROTON THERAPY**

*Tips for parents and kids*



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And if you need more info, call me!

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# Tips for Parents and Kids



Starting proton therapy may bring up a lot of questions for you and your child. While your Care Team will help you understand every step of the process, here are some tips to make getting ready for treatment a little easier.

## TIPS FOR PARENTS

- To alleviate your child's fears before treatment, it may help to have a tour of the center to see the radiation technologists and equipment. You can also view a kid-friendly presentation about the whole process on our website.
- Some kids may get “radiation burn” which looks and feels a bit like sunburn—red and dry. Only apply lotion given to you by the doctor or nurse.
- It is very important to lie completely still during treatment. Some children will undergo anesthesia to make sure they do not move. If your child will stay awake during treatments, you and your child can practice being a statue at home. You can practice a freeze dance with longer and longer freezes.
- Many children have masks made to keep their heads still during treatment. To practice getting a mask, you can place a warm washcloth on your child's face.

## TIPS FOR KIDS

- Proton therapy **DOES NOT HURT!**
- Protons are invisible.
- You can bring a lovey or stuffed animal to keep you company. At the center we have a play room with lots of toys and a Wii to play with while you wait before treatment.
- During treatment you can bring a CD or iPod to listen to.
- Sometimes it can be hard to stay still, so make sure you get all the wiggles out before you get treatment. What will you do?
- You may have a CT scan before treatments begin. CT scans don't hurt.
- One of your parents can walk with you to the treatment room to make sure you are comfortable. Then they will wait in the waiting room. You can keep your stuffy with you and treatment doesn't take long.
- Your radiation therapists will be able to see and hear you at all times, so you won't be all by yourself.
- If you have questions, make sure to ask your parents or doctors and nurses.

## THINGS TO DO AND LOOK FOR

While you are at the Center, there are many things to keep an eye out for!

- How many woodland creatures can you spot in the play room? In the anesthesia bay?
- Have you chosen a toy from the toy chest?
- Have you made a mask for Kuddles?
- String your Beads of Courage!
- Check out our Prezi for Kids on our website. It shows you all the steps for proton therapy.
- Did you notice the goody bowl?
- Have you high-fived your radiation technician?

If you have more questions, Alicia can help! Alicia is our Child Life Specialist. See the back for her contact info!

