



CHILD LIFE SPECIALIST
care ♥ **KIT**

**Facilitation
Cards**

**Meditation and
Breathing**

**Communicating
Feelings**

Medical Play

Sense of Control

Entertainment



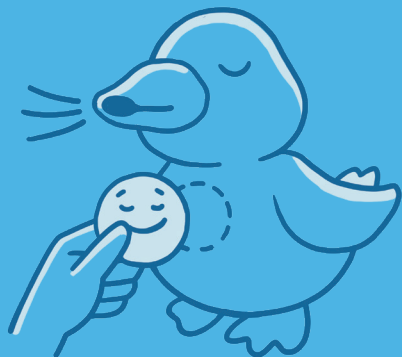
Meditation and Breathing

Guided Imagery

1. Use the Soundscape Spaceship to help the patient visualize a place that makes them feel happy.
2. Ask the patient about what they see, smell and taste in their happy place.
3. Ask the patient more about their happy place:
 - ♥ *"Have you ever visited a place like this before?"*
 - ♥ *"What do you think your duck likes to do here?"*



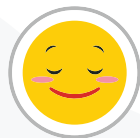
Meditation and Breathing



Meditation and Breathing

Diaphragmatic Breathing

1. Ask the patient to choose the Calm Card and tap it to the duck's chest.
2. Practice deep breathing by asking children to take deep breaths with the duck, inhaling through their nose and exhaling through their mouth.
3. When finished, ask the patient to name some situations where deep breathing can help them feel better.





Meditation and Breathing

4-7-8 Breathing

1. Attach the Port-a-cath Accessory to the duck's chest, and the duck's heart will begin to beat.
2. Ask the patient to hold the duck and listen to and feel the heartbeat.
3. Practice deep breathing for 1 min with the patient using "4-7-8" breathing: inhale for 4 seconds, hold for 7 seconds, and exhale through the mouth for 8 seconds.



Meditation and Breathing



Communicating Feelings

Understanding Coping Methods

1. Spread the Feeling Cards.
2. Ask the patient to tap a card to the duck's chest.
3. Ask: *"Why does the duck feel this way?"*
4. Discuss ways to cope:
 - ♥ *"What helps you when you feel angry, sad, afraid, etc."*
 - ♥ *"What helps you feel better when you have to do hard things (getting port accessed, staying at the hospital, etc.)?"*



Communicating Feelings

Communicating Feelings



Role-playing Feelings

1. This is helpful for patients who have trouble with verbal expression. Ask them to show you how the duck feels about the following situations by tapping a Feeling Card to the duck's chest:
 - ♥ *Going to the hospital*
 - ♥ *Getting medicine*
 - ♥ *Coping with isolation*
 - ♥ *Answering questions from doctors and nurses*
 - ♥ *Playing in the hospital*
2. Change the duck's feelings with a new card or press the tail button to return to a neutral mode.



Communicating Feelings



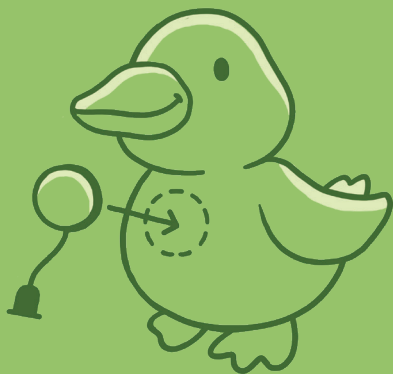
Communicating Feelings

Mirroring Feelings

1. If the patient experiences discomfort, have them tap the matching Feeling Card to the duck.
2. Discuss strategies that can help the patient feel comfortable and safe.
3. Invite the patient to comfort the duck by stroking the cheeks, head and back.
4. (Optional) Press the tail button to set the duck to a neutral mode. Point out how the patient helped the duck cope.



Communicating Feelings



Medical Play

Prepare for Port Access

1. Say: *"We're going to access the duck's port."* Show an antiseptic sponge, IV dressing, and included Port-a-cath Accessory.
2. Discuss each step (cleaning, flushing, attaching catheter, covering with wrap) and what might help the duck cope.
3. Ask: *"Can you access the duck's port?"*
4. Ask the patient to show how the duck feels by tapping a Feeling Card to the duck's chest.



Medical Play



Medical Play

IV Medication with the App

1. Attach the Port-a-cath Accessory to the duck. Say: *"The duck is about to get an IV medication."*
2. Open the app. Tap the hospital. Now tap the bed.
3. Follow the hand to (1) connect the syringe and medical line, (2) flush the line, and (3) attach IV fluids or medication (patient's choice).
4. Ask the patient to show how the duck feels with a Feeling Card.



Medical Play



Medical Play

Prepare for Port De-access

1. Begin with the Port-a-cath Accessory attached to the duck's chest.
2. Say: *"We're going to de-access the duck's port."*
Discuss what may help the duck during de-access.
3. Ask the patient to remove the duck's dressing (if placed) and Port-a-cath Accessory.
4. Ask the patient to show how the duck feels by tapping a Feeling Card to the duck's chest.



Medical Play



Medical Play

Medical Play

1. Lay out the Medical Play Accessories (real and/or pretend from the Care Kit).
2. Let the patient take the lead and use the Medical Play Accessories in pretend play.
3. Name the tools/equipment that the patient uses:

♥ *"It looks like you are using the stethoscope to listen to the duck's heart."*
4. Identify and correct misconceptions that the patient expresses.



Medical Play



Medical Play

DIY Medical Accessories

1. Create medical accessories for the duck (see the Expert Guide). Match them to the patient's accessories (mask, NG tube, etc.).
2. You can engage the patient directly in creating the medical accessories and use them to help the patient customize their duck.
3. Ask the patient to show how the duck feels about the accessories by tapping a Feeling Card to the duck's chest.



Medical Play



Medical Play

MRI/CT Medical Play

1. Unzip the front flap of the Carry Case and remove the table, attaching it to the hook-and-loop fastener inside.
 - ♥ *To assist in medical play, there is a card in the outer pocket that shows an MRI/CT control panel on one side and an example scan image on the other.*
2. Explain the process to the patient.
 - ♥ *You can place the duck on the table to simulate the type of scan the patient will receive.*
3. Let the patient take the lead to get comfortable with the procedure!



Medical Play



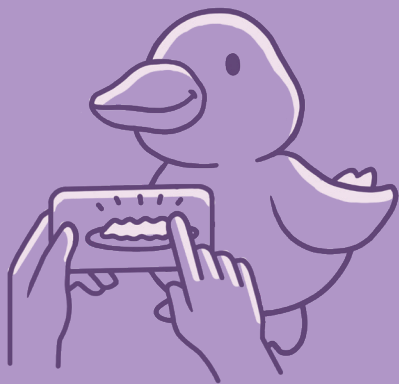
Sense of Control

Bath Time and Hygiene

1. Even if the patient can't truly bathe during treatment, they may like washing the duck. Open the app and connect to the duck via Bluetooth. Tap the tub.
2. Scrub the screen or the duck! Rub under the duck's wings to soap up.
3. Virtually rinse the duck. The duck reacts if the water is too hot or cold. Use the blow-dryer until the duck sings!
4. Discuss the importance of hygiene during treatment.



Sense of Control



Sense of Control

Mealtime and Nutrition

1. Tap the food truck in the app.
2. Go through the foods in the pantry. Ask: *"Can you make a healthy meal?"*
3. Tap the bell. Tap the screen to feed the duck.
4. Discuss:
 - ♥ *Importance of good nutrition.*
 - ♥ *How chemo affects taste buds.*
 - ♥ *What foods the patient prefers while on chemo and why.*



Sense of Control



Entertainment

Need a Laugh?

1. Flip the duck over and listen to the response.
2. Press the tail button 7 times in rapid sequence. The duck will act goofy and speak fast.
3. Tickle under the duck's wings!

Entertainment



Entertainment

Night Mode Play

1. The duck will enter night mode in dark rooms.
2. Night mode means the duck's interactivity is muted a bit. This is helpful for patients who feel sleepy but want to play with the duck.

Entertainment



Entertainment

Duck Singalong

1. Tap the Silly Card to the duck's chest.
2. Encourage the patient to talk or sing into the duck's microphone (located just below the chest lights).
3. The duck will sing or beatbox!



Entertainment



Calm



Silly



Angry



Nauseous



Scared



Sad



Happy

Feeling Cards



Self-adherent wrap



Pulse oximeter



Syringe



Stethoscope



Thermometer



Carry Case:
MRI/CT Simulator

Medical Play Accessories

Power/Wake

- ♥ You can play in “On” or “Mute” modes.
- ♥ Press the tail button to wake the duck.

Batteries

- ♥ If the duck won't turn on or movement becomes slow, replace batteries with new ones.

Removing Fur

- ♥ Turn the duck upside down. Slide switch to “Off.” Loosen screw with a coin. Unbutton fur.
- ♥ Slip fur over tail and chest. Loosen the eyes from the head by pulling outwards on the fur around the eye. Repeat on other eye. Finish removing fur.

Connecting to the App

- ♥ Turn on mobile device's Bluetooth. Open the duck's app.
- ♥ Tap the duck icon in the top right corner to connect.



To order more ducks, please visit
myspecialaflacduck.com/order



For missing pieces, troubleshooting,
and sharing feedback, please contact
support@sproutel.com

The information, including but not limited to, text, graphics, images and other material contained in this Care Kit and associated documentation is for informational purposes only. This Care Kit is provided solely to promote full enjoyment of My Special Aflac Duck® and to help its users gain understanding of all its features as well as some DIY ideas to maximize the user experience. This Care Kit is not intended to promote *My Special Aflac Duck* as a medical device expressly nor implicitly.

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Quick Guide

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