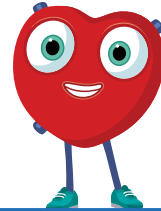


ORGAMITES™

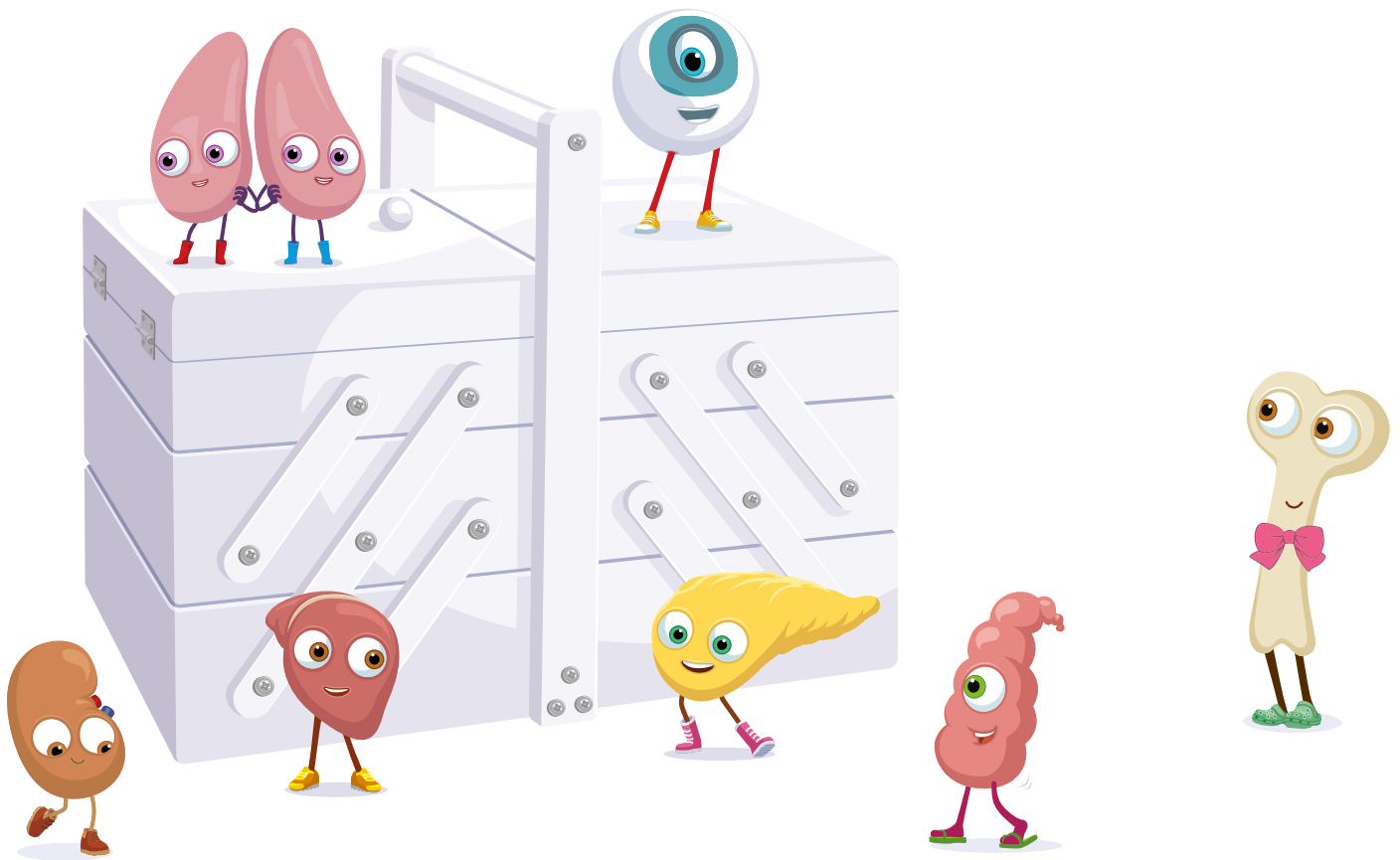
EDUCATIONAL TOOLS



TOOLKIT 1: MEET YOUR MIGHTY ORGANS

The Organ Donation Conversation

Discover more educational tools and resources at Orgamites.ca



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MEET THE ORGAMITES

They're a team of 9 life-saving organs (led by Captain Marrow) found in every one of us.


They're known as the mighty organs because they represent the most-donated parts of the body. These lovable characters help kids to connect with and appreciate the roles of their organs, while learning what organ donation and transplantation is all about. The Orgamites also inspire children to live healthier, show more compassion for others, and be more environmentally aware.

Consisting of an ever-growing range of fun, educational tools and resources – our hope is that more parents, teachers and healthcare practitioners can be empowered to have more conversations with more children, all in the hopes of changing the way people of all ages view their mighty organs and organ donation, and thereby increasing the amount of organs donated and the number of subsequent lives saved.

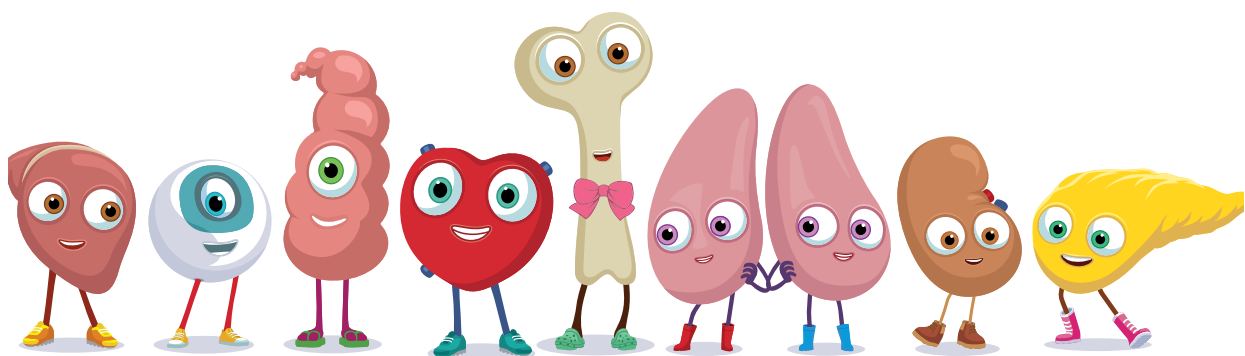
Every tool created has been designed in such a way as to empower you with the ideal, most informative and exciting resources to equip and educate the children in your care.

Join in the conversation @MightyOrgamites   . Please tag us, we'd love to share all your mighty artwork #MightyOrgamites To download our educational tools and resources please visit: Orgamites.ca

Testimonial

 *These fun characters lighten the mood, make it easier to start the conversation with family members and really open people's mind to the full possibilities of transplantation."*

Mr Colin Wilson FRCS PhD | Con Hepatobiliary and Transplant Surgeon, Associate Clinical Lecturer



INTRODUCTION

When to talk about organ donation with your children ...

There are so many important topics to cover with our kids. Organ donation is one such chat that is too often not covered at all! Yet having these chats are vital. They set us and our kids up to live happier and healthier lives – knowing that whatever we may face in the future, we are prepared.

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 things out is a good basis to build on for later conversations about what's on the inside.

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

Children 4-6:

Start talking about what's on the inside of our bodies: the different organs and what makes our bodies tick. You could say, for example, "Here is your heart beating, can you feel it going boom boom?" or "Here is your tummy where the food goes" and "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 start to talk to them about what foods and exercise strengthen which body parts.

Children 6-8:

Perhaps begin talking to your kids about how people get ill sometimes and different organs might not be working properly. Use the Orgamites as a way of introducing the subject in a friendly and positive way, focusing 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. There are loads of resources and conversation-starters on orgamites.com.

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.

Talk about your own feelings about death, and what your choices are regarding organ donation. You can also 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.

Do:

- Be age appropriate
- Think multiple chats, not one big heavy conversation
- Teach through play
- Look at picture books together
- 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't:

- Don't rush straight into 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:

Totally not fazed: A lot of kids are surprisingly unsentimental and will move on from these chats fairly quickly.

Quiet: It's also normal for kids to not say much at all as they process the information they've just heard. They're probably okay, but it's worth checking in with them a bit later to see if they have any questions or concerns.

Upset: In this case, stop the conversation, reassure your child, and change the subject. Come back to it when they're ready.

Testimonial

“Our organs have always fascinated me and the Orgamites recapture my child-like wonder. If we can get more people to understand how incredible and vital our organs are, and what happens when they don't work properly, then we can get more people to consider helping others by donating theirs when they no longer need them.”

Dr. Luke Yates DPhil

