



## STEPS FOR MAKING GENERAL CARDS

CFHK distributes general cards to Children's Hospitals and Ronald McDonald Houses (RMH) in all 50 states each month in addition to holiday cards for major holidays. General cards are cards that have a general, uplifting theme and message, rather a holiday or seasonal theme.

The guidelines for making general cards can be found below. These guidelines were created with Certified Child Life Specialists at several of our receiving hospitals.

While receiving a card may seem simple, it is truly impactful for hospitalized kids and their families. Photos and stories of card-receiving patients can be found [here](#) as well as on our [social media](#) platforms.

### 1. Gathering Supplies:

#### What supplies are necessary?

The only supplies you need are paper and a writing utensil, such as crayons, markers etc. People often choose to use additional supplies, but it is entirely up to you.



#### What are the supplies I can use?

You can use any craft supplies, as long as the rule on the right is followed. Individuals & groups often choose to use craft supplies such as:

- Special Markers
- Character stickers
- Glue-on craft decals
- Stamps or decals
- Other craft supplies

#### What are the supplies I can't use?

The only rule regarding craft supplies is that nothing is excessive to the point of falling off. This is extremely important, as it can create health concerns for some patients. This is especially true for glitter.

To see if this is an issue, we suggest just running your finger over the area to see how much rubs off. If little or no glitter / product comes off, it is OK.

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

- Hey There

- Hey You!

- To: A Very Special Person

### 3. Writing on the Front / Inside of the Card:

We recommend writing uplifting messages on the front and inside of the card. At the request of hospitals, we ask that you please not write "Get well", "Feel Better" or other illness related comments. This is very important since some of the kids suffer from medical conditions that are chronic, life-threatening and/or terminal. Some of the patients may also be facing uncertainty regarding their treatment and diagnosis. This is why it is important to write uplifting messages rather than "Get Well" or other illness focused comments. We suggest uplifting messages that focus on the child as a whole, rather than their illness, such as:

**Stay strong**

**You are amazing**

**You are awesome**

**You shine brighter than the sun**

**Never forget how amazing YOU are**

**You inspire me**

**You rock**

**Be Brave**

**I hope you have a great day today**

**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 the CFHK team to review your comments, feel free to contact us. People often choose to include characters or themes (minions, Disney characters, animals, sports, etc), on the front or inside of the cards. These types of cards are extremely popular with kids! Cards with jokes are also very popular with our receiving kids. You can find a list of ideas for jokes [here](#).

### 4. Make sure that you do not.....

- Include any personal information such as social media accounts, email, phone number, etc. Other than signing your first name, please do not include any personal information. 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.

### 5. Sign your name:

Now, sign your first name on the card. If you'd like, you can also include your state in your signature. Additionally, you can also sign your group name if you are making cards as part of a group (such as a student group, team, company, etc.), such as:

-- Jen from Washington D.C

-- Katie from Girl Scout Troop #7495

-- Lauren from Gators Gymnastics Team

-- Kevin from Target in New York

