

## Activity for your child with ALL

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Children with Acute Lymphoblastic Leukemia (ALL) sometimes have problems with walking, running and climbing stairs. This is due to muscle weakness, muscle tightness and pain. Children who keep active appear to have fewer problems.

**It is important for your child to be as active as possible in the hospital and at home.**

You can help by having your child:

- ✓ Walk! Use wheelchairs and wagons only when necessary.
- ✓ Stand to play, read or do table activities such as colouring or crafts.
- ✓ Do activities and play games that encourage your child to bend his or her knees and stand back up. Have your child squat down to pick up toys and get back up.
- ✓ Climb in and out of bed and get on and off chairs. Have your child do these on his or her own.
- ✓ Be active. Ride tricycles, climb stairs, kick balls or go for walks.

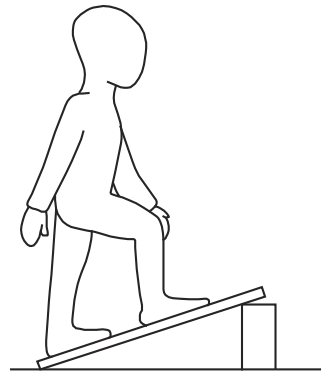
**Do not let your child jump off of any object  
greater than 6 inches from the floor.**

If your child has an IV, does not feel well or is in isolation, activities will have to be adjusted to fit your child's needs.

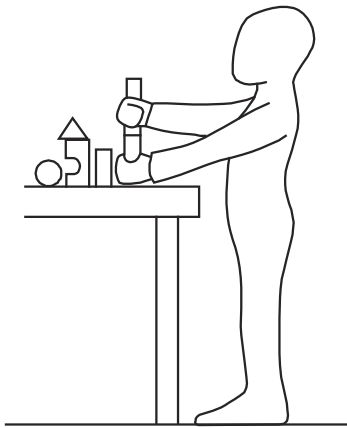
If you have any questions or concerns, please speak with a member of your child's healthcare team.



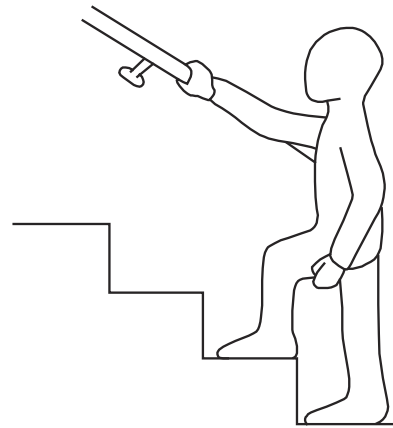
**Keep on walking and running!**



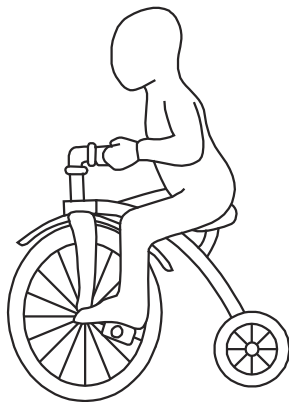
**Make walking a game!**



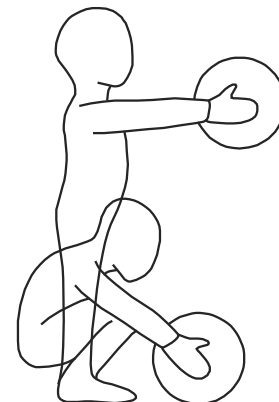
**Stand up to play!**



**Use the stairs!**



**Ride a bike!**



**Bend your knees!**