



Dialysis Clinic, Inc.

A Non-Profit Corporation

"We are a nonprofit service organization. The care of the patient is our reason for existence."

We would like to dedicate this activity book to all the children and families who live with kidney disease.

Special thanks to our illustrator, Vivy Phan.

The educational material contained on these pages was developed by the Children's Dialysis Clinic of Central Texas as a Purpose Project in conjunction with Dialysis Clinics, Inc., a non-profit corporation. The intent is to provide a general overview of kidney disease in a pediatric format and is not meant to be viewed as medical advice.

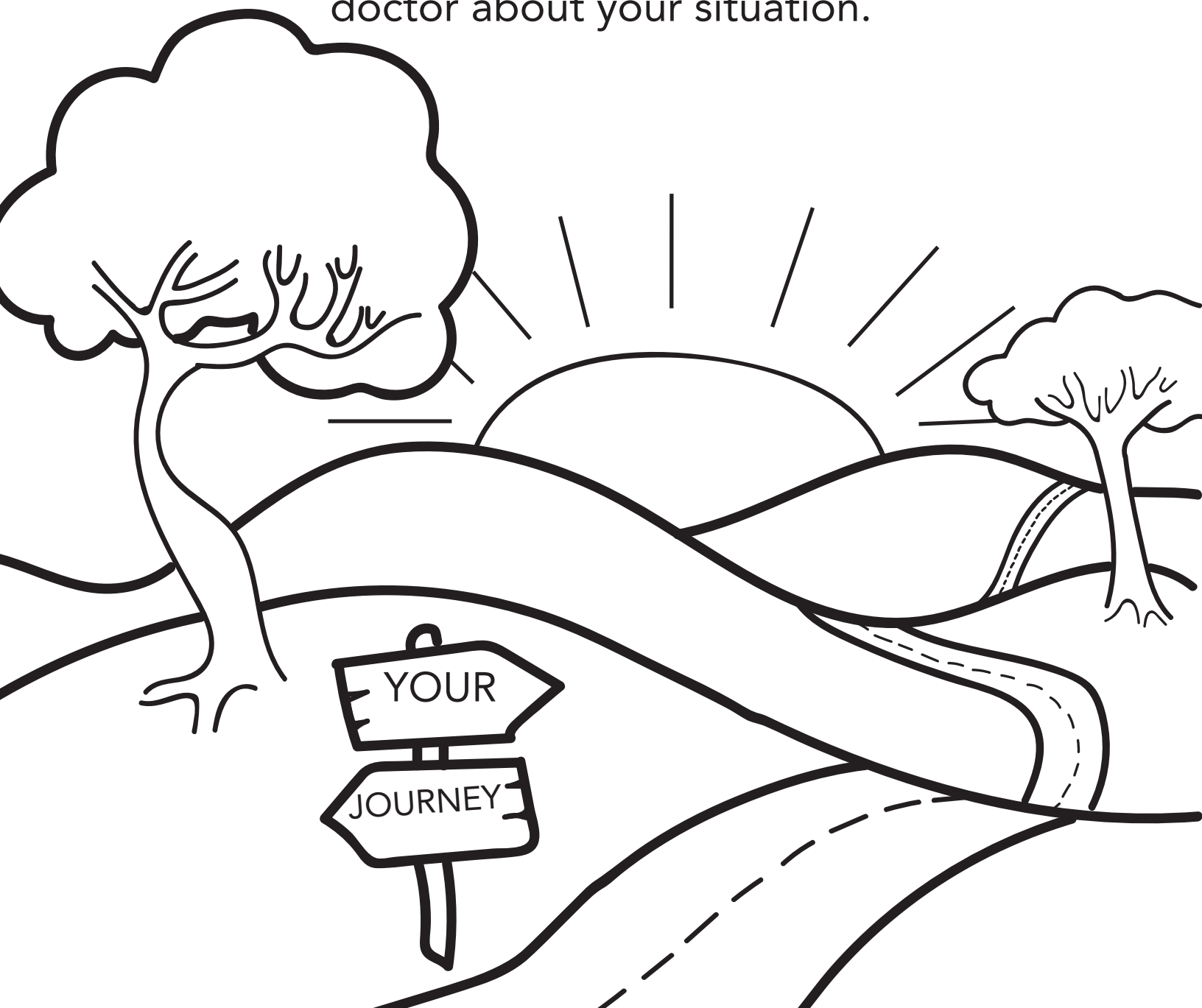
To request additional copies please contact:

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Austin, Texas 78723
512-523-4213 ext. 5

Hi, I am Darby. If you are using this book, then you or someone you love has been diagnosed with kidney disease. Let's spend some time together on the following pages to learn what that means. You can also visit with me online and watch my video: A Day with Darby, Living Life on Dialysis at:
<https://www.youtube.com/watch?v=05MuwlAaVNw>.



Everyone's journey with kidney disease is different. For some, kidney disease happens slowly, over time. For others, it may happen more quickly. When kidneys aren't working well, kids or adults may feel tired, food may taste different, and skin may look pale. There are many reasons why kidneys don't work. Some people are born with kidney disease. Others may have medical issues that can lead to kidney disease. Remember, each person is different so talk to your doctor about your situation.



All About

Favorite Food

Favorite Sport

Favorite Color

Favorite Book

Favorite Friends

I dream of...

Draw Yourself Here!

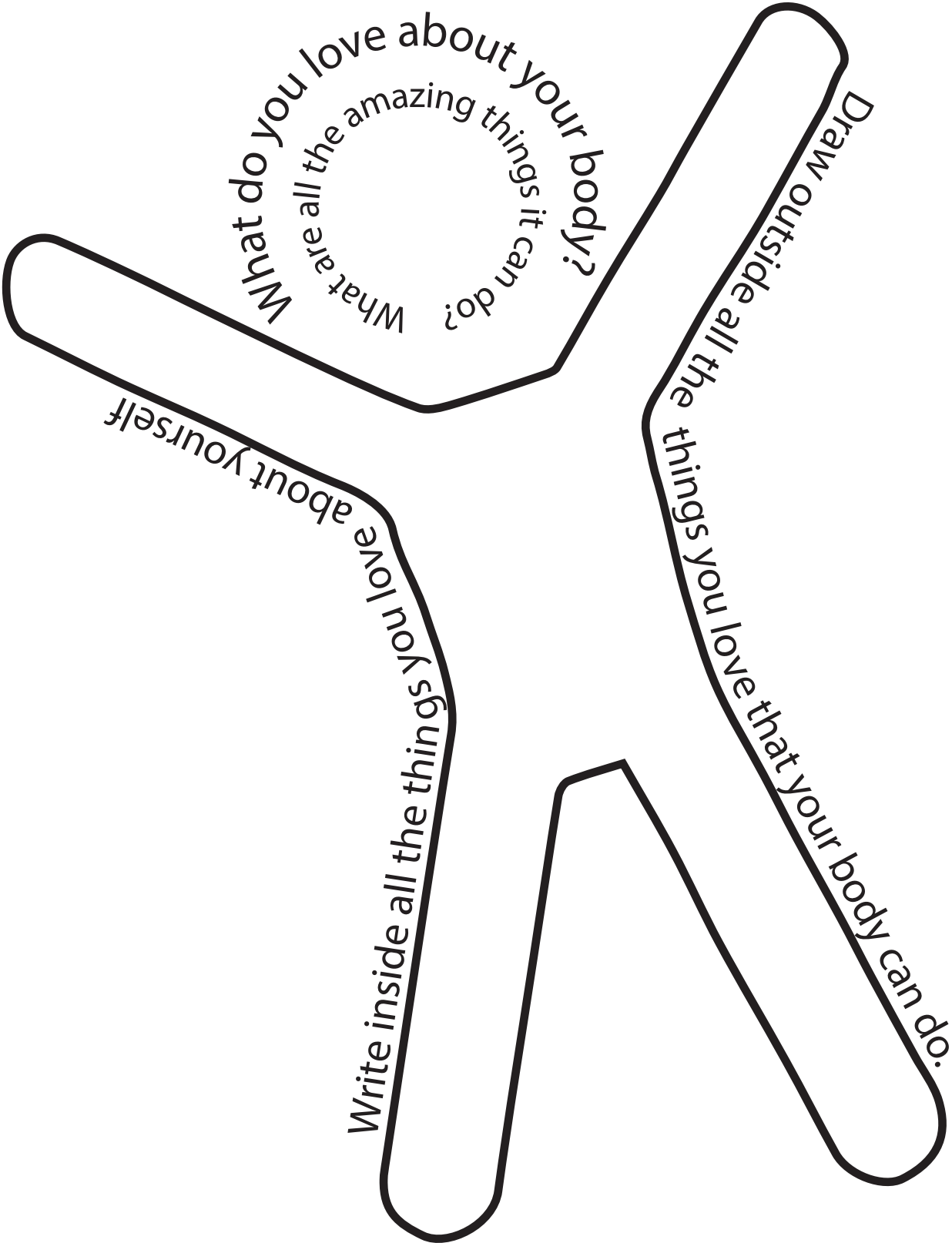
Favorite Smell

Favorite Musician

Favorite Subject

Strengths

Favorite Movie



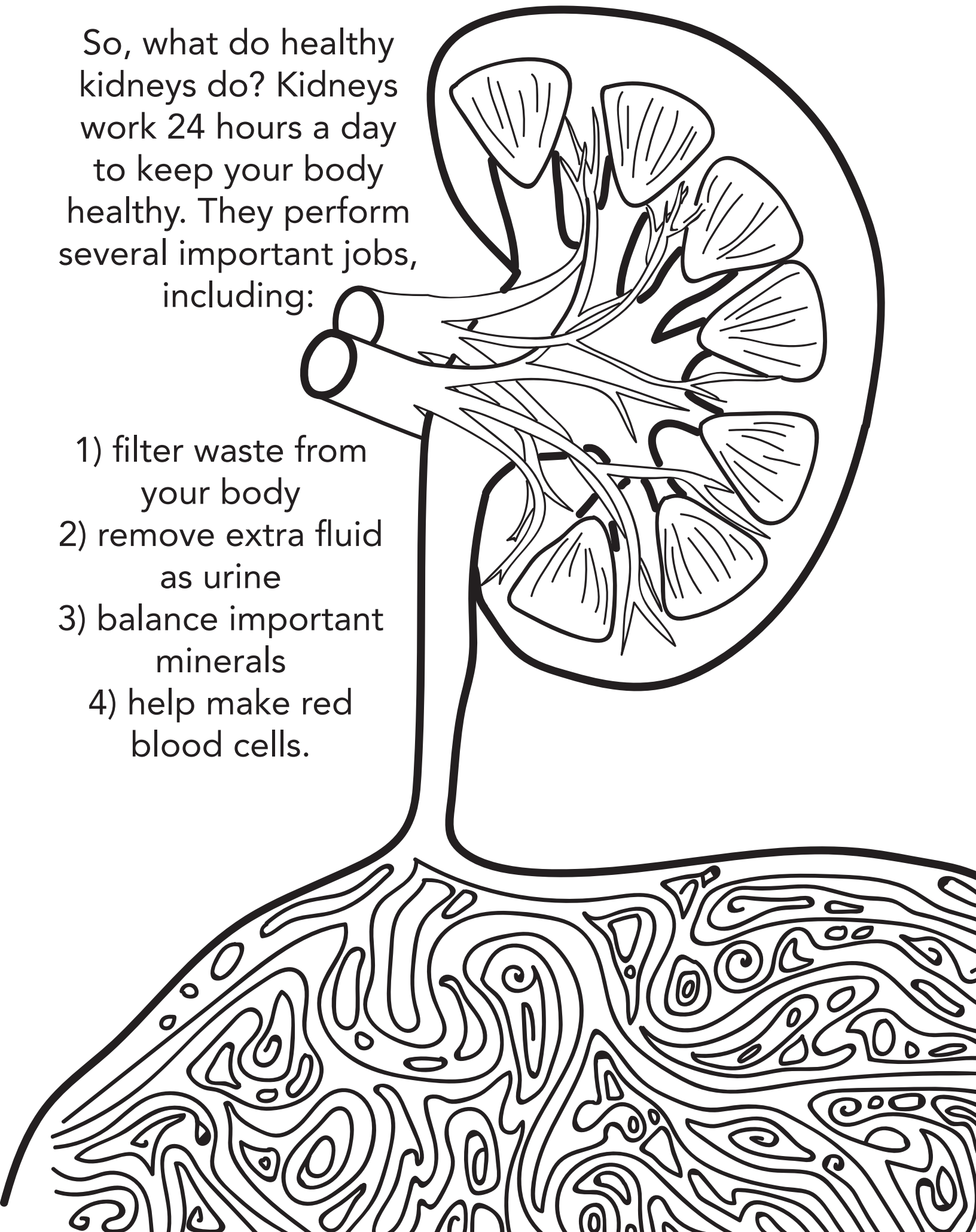
What do you love about your body?
What are all the amazing things it can do?

Draw outside all the things you love that your body can do.

Write inside all the things you love about yourself

So, what do healthy kidneys do? Kidneys work 24 hours a day to keep your body healthy. They perform several important jobs, including:

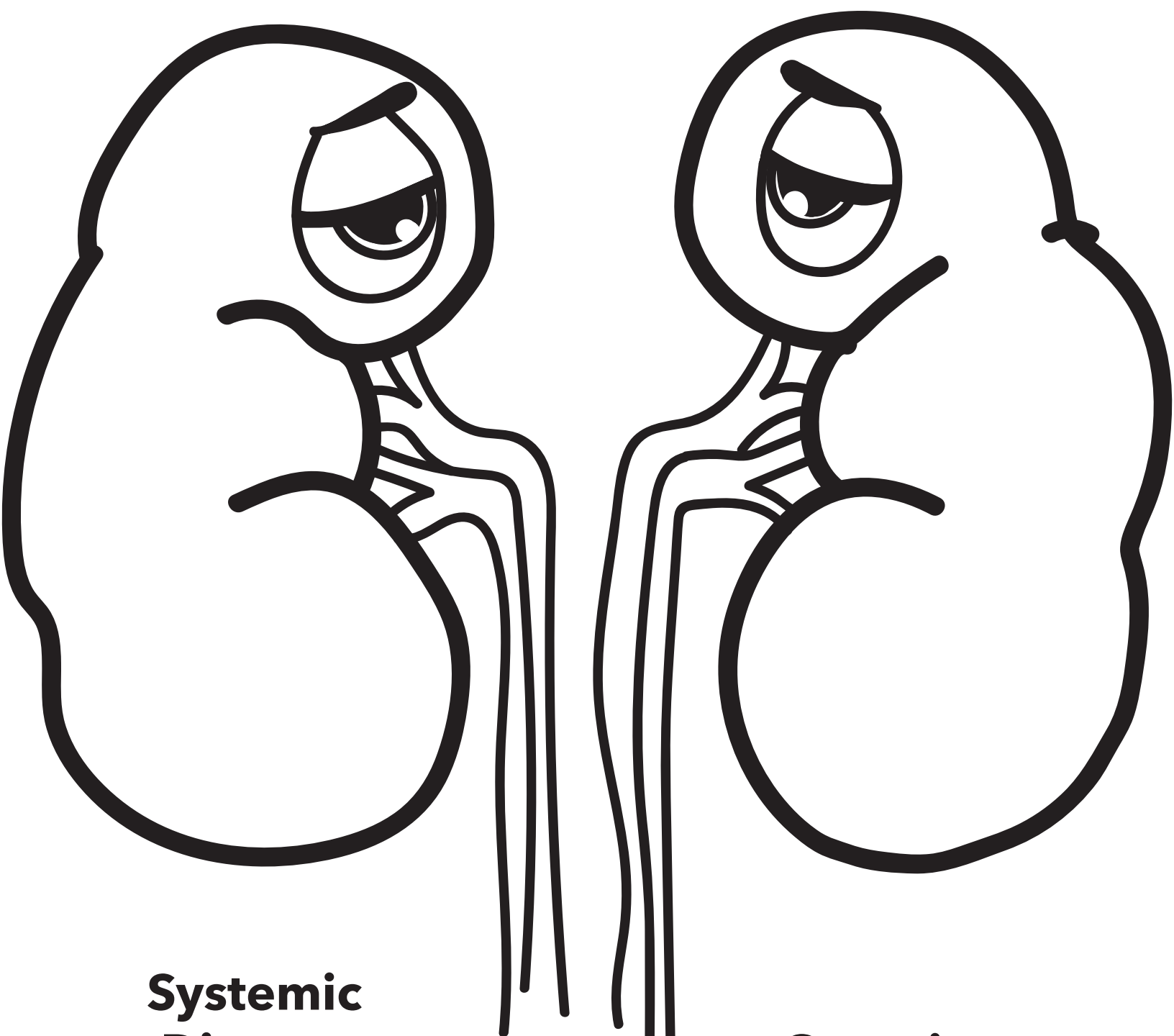
- 1) filter waste from your body
- 2) remove extra fluid as urine
- 3) balance important minerals
- 4) help make red blood cells.



**How did you
find out your
kidneys weren't
working?**



Why Don't Your Kidneys Work?



**Systemic
Disease**

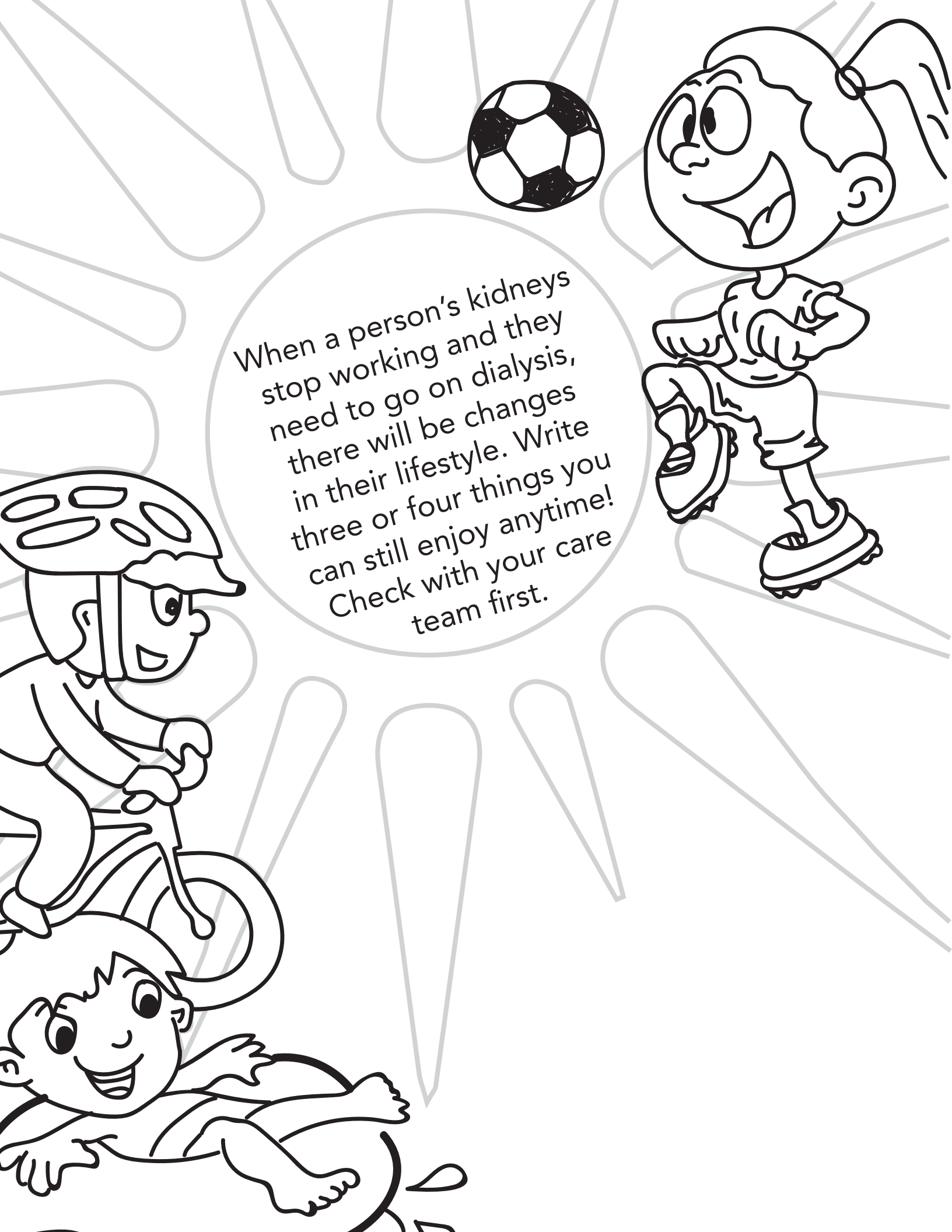
Genetics

**Bladder
Problems**

**Nephrotic
Syndrome**

Infections

**Urine
Blockage**

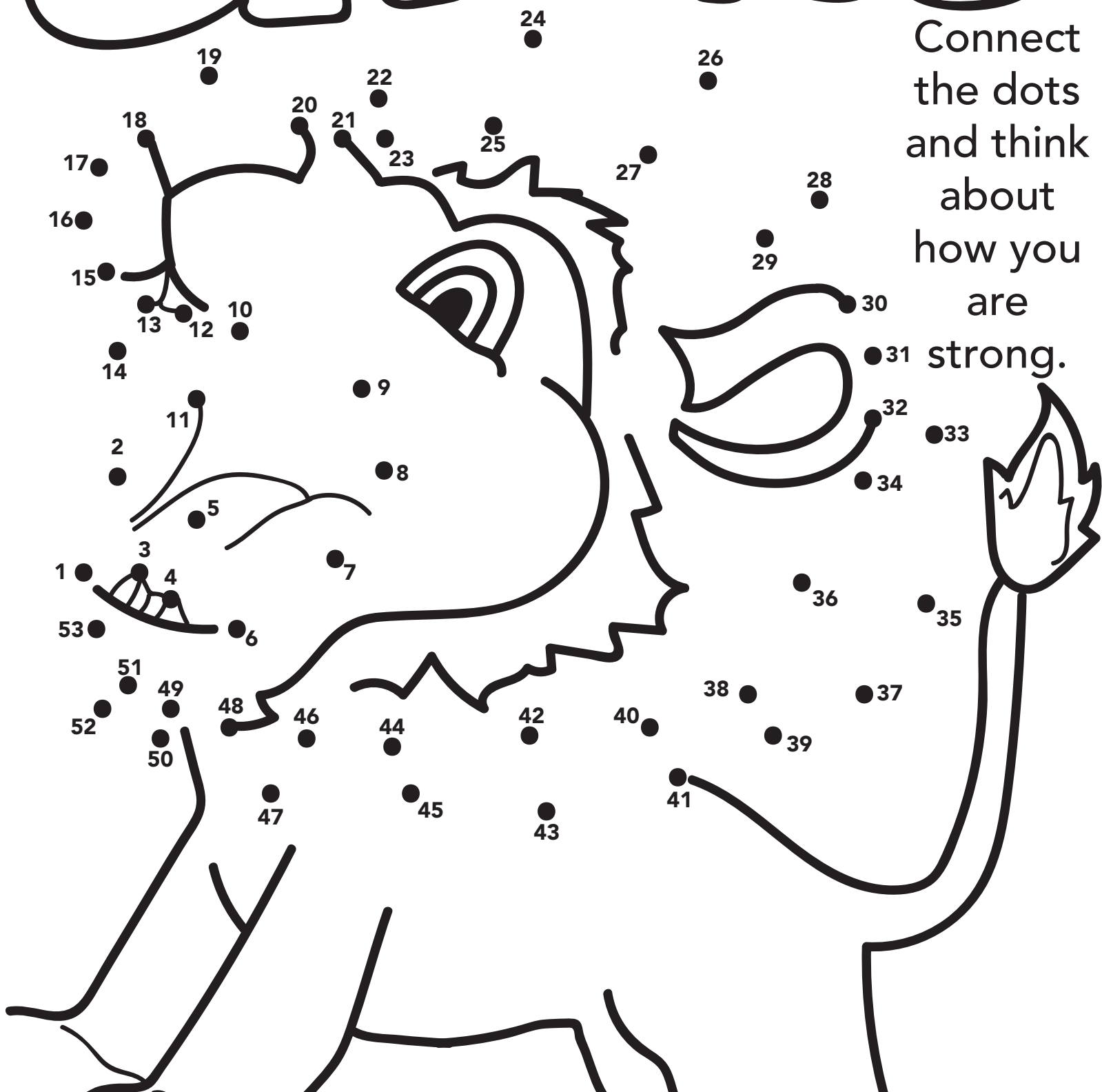


When a person's kidneys stop working and they need to go on dialysis, there will be changes in their lifestyle. Write three or four things you can still enjoy anytime! Check with your care team first.



STRONG

Connect the dots and think about how you are strong.



How Does Dealing with Kidney Disease Make You Feel?

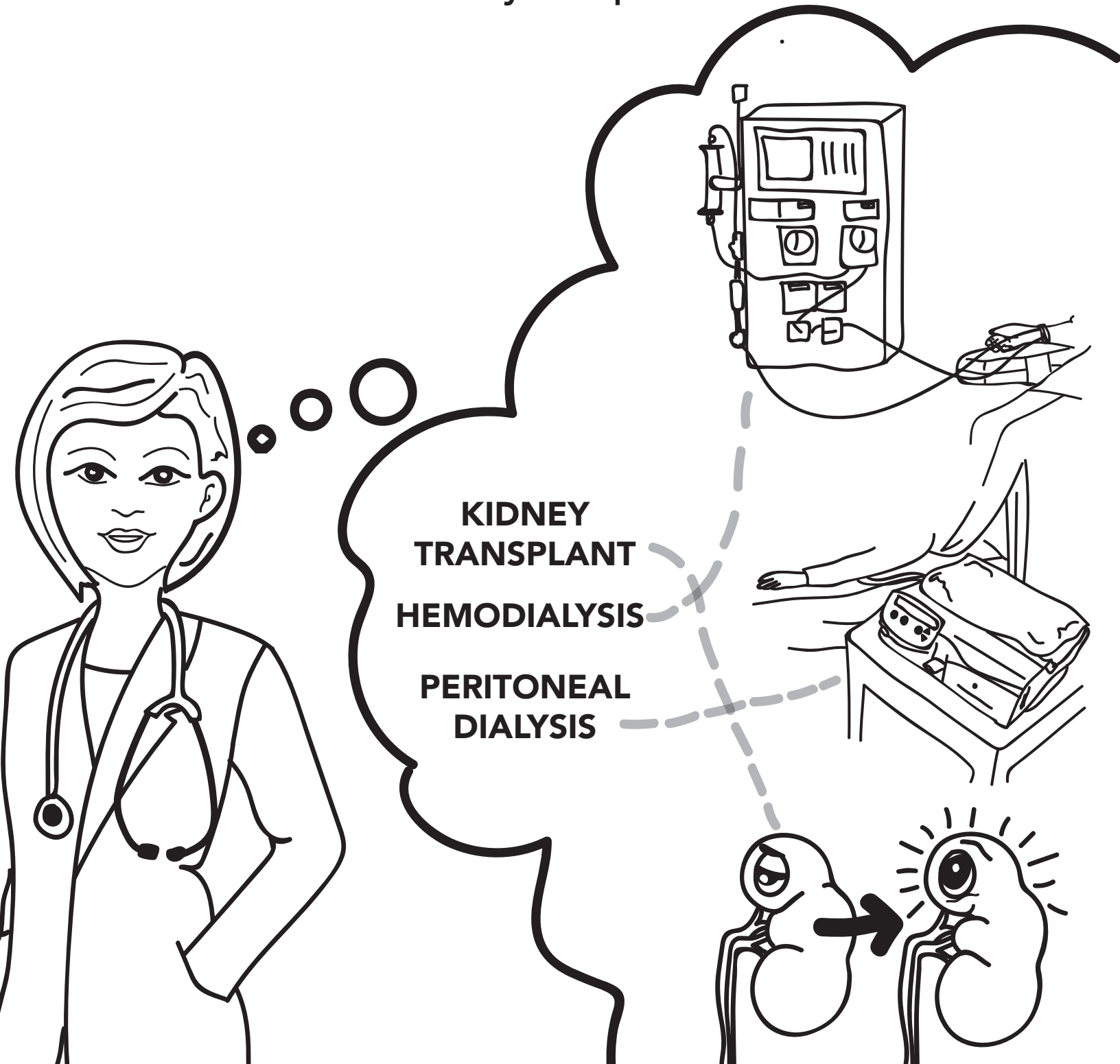
Having a chronic illness can make a person feel different from their friends, siblings, and classmates. Sometimes that can be hard to accept. It can cause a lot of different feelings to manage. All feelings are okay. There is no right or wrong way to feel. Write or draw your feelings on these pages.



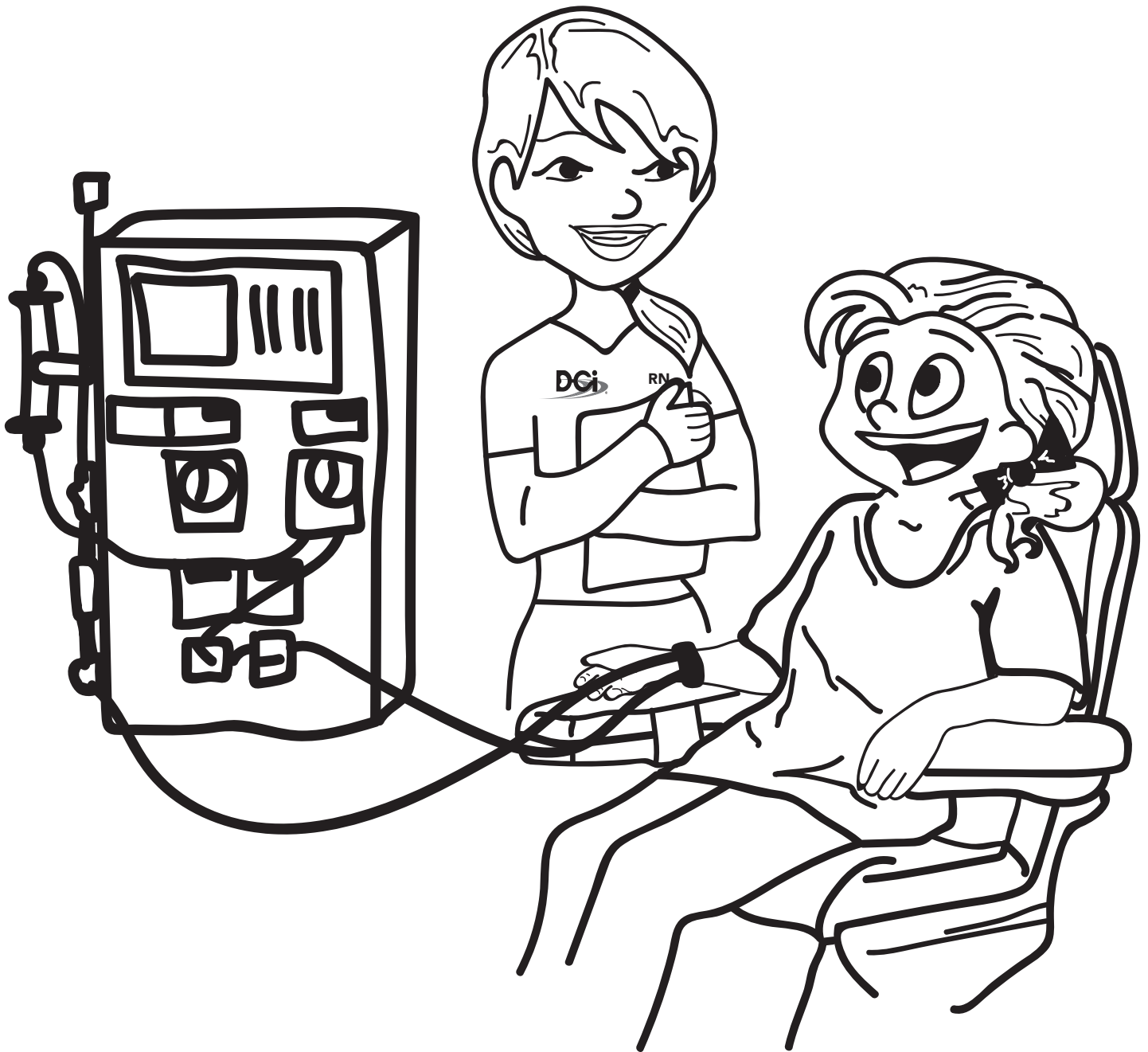


Treatment Methods

If you have kidney disease you will see a special doctor called a nephrologist. He or she will work with you and your family to help keep your kidneys healthy for as long as possible. If kidneys stop working altogether, there are 3 ways to treat kidney failure: 1) **hemodialysis**, 2) **peritoneal dialysis**, and 3) **kidney transplant**.



Hemodialysis is done in a clinic, generally 3 times a week for 3-4 hours. Blood is sent from the body through a tube to a special filter for cleaning. Nurses watch carefully to check on blood pressure and make sure everyone is comfortable and safe.



Peritoneal dialysis is done at home through a special tube called a catheter inserted in the abdomen. It is done every night while you sleep, generally for 8-10 hours. You will need a clean room to do the treatments and space to store dialysis supplies.



Your care team can help evaluate which type of dialysis is best for you or your family member.

You can think of dialysis like a washing machine for the blood. It cleans out toxins that build up in the blood from the foods we eat. It can also remove fluid. That is why kids and adults weigh at the beginning and end of each treatment...to measure how much fluid is removed.

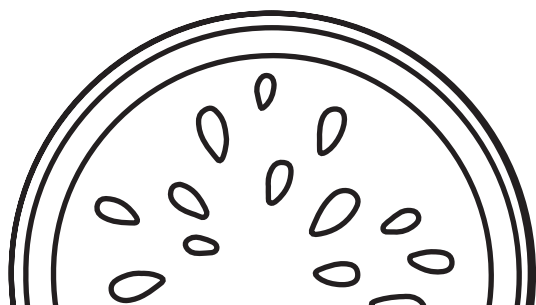
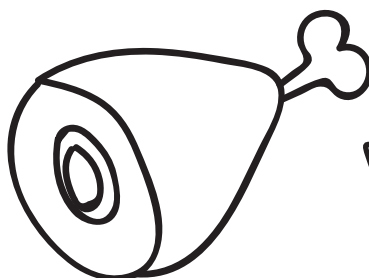
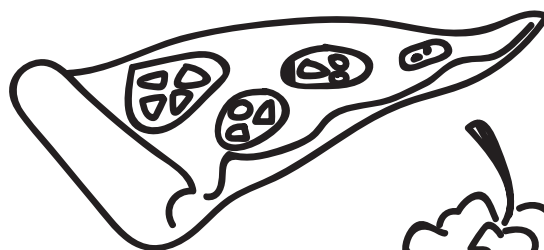
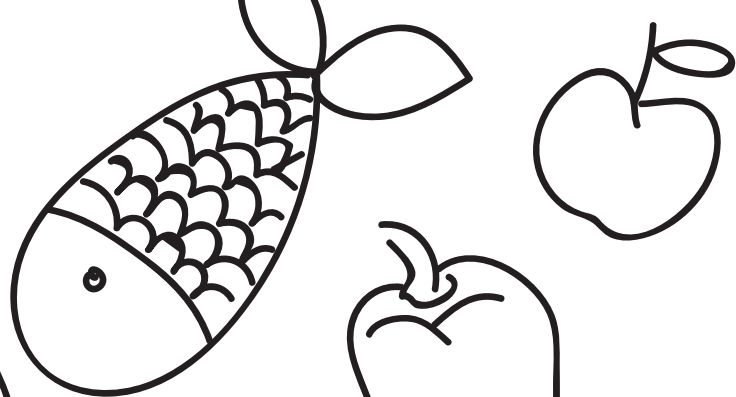
Most people with kidney disease take special medicines that work together with dialysis to keep them as healthy as possible. It is important to remember that people can live a long healthy life on dialysis.

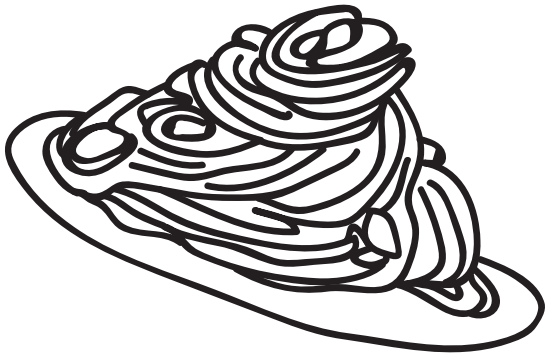
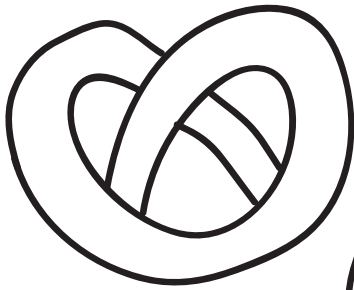


When you are on dialysis you may need to be careful about what you eat and drink.

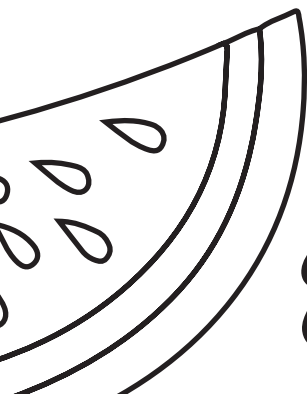
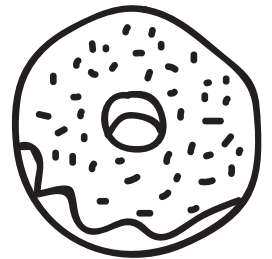
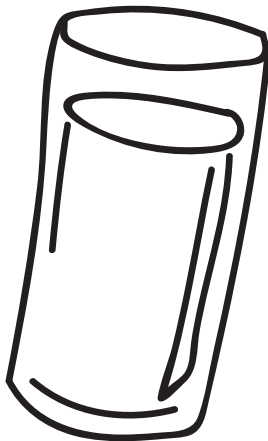
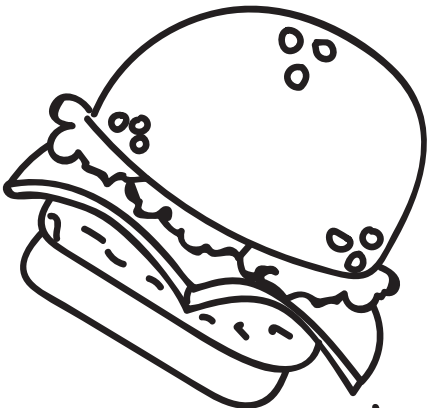
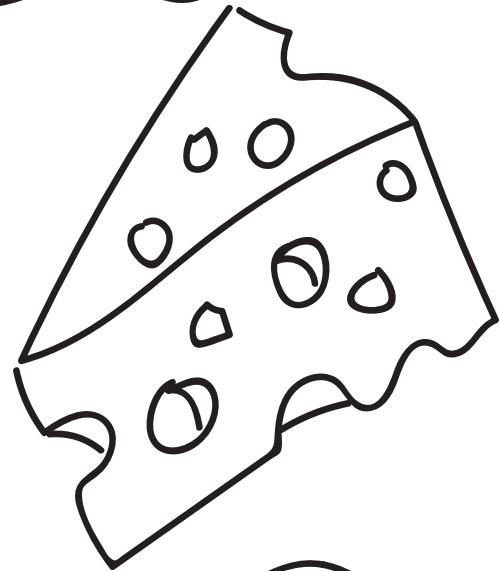
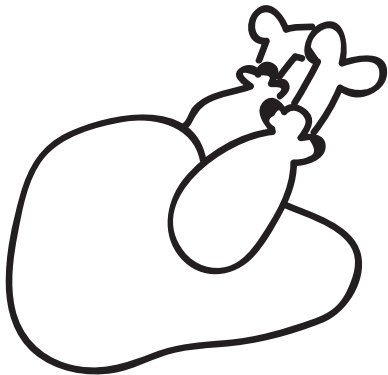
When kidneys work, they take out the waste from the foods you eat. If your kidneys can't remove the waste from food then these wastes stay in your body. Dialysis takes out some wastes, but it can't do everything. If you eat and drink too many of the foods and fluids that cause the waste to build up, then you won't feel your best.

Each person on dialysis will work with a dietitian to teach them about the specific foods that are right to meet their personal nutritional needs. Everyone is different and some may require food restrictions to ensure that they stay as healthy and safe as possible.





People on dialysis have to measure what they drink, and they can't drink more than the doctor says is safe. Some people cannot eat foods high in potassium like bananas or potatoes. Anyone on dialysis needs to eat enough calories every day to keep them strong. Your dietitian will help you learn which foods are right and wrong for you.



Color all the foods that your dietitian advises you (or your family member) to eat and drink.

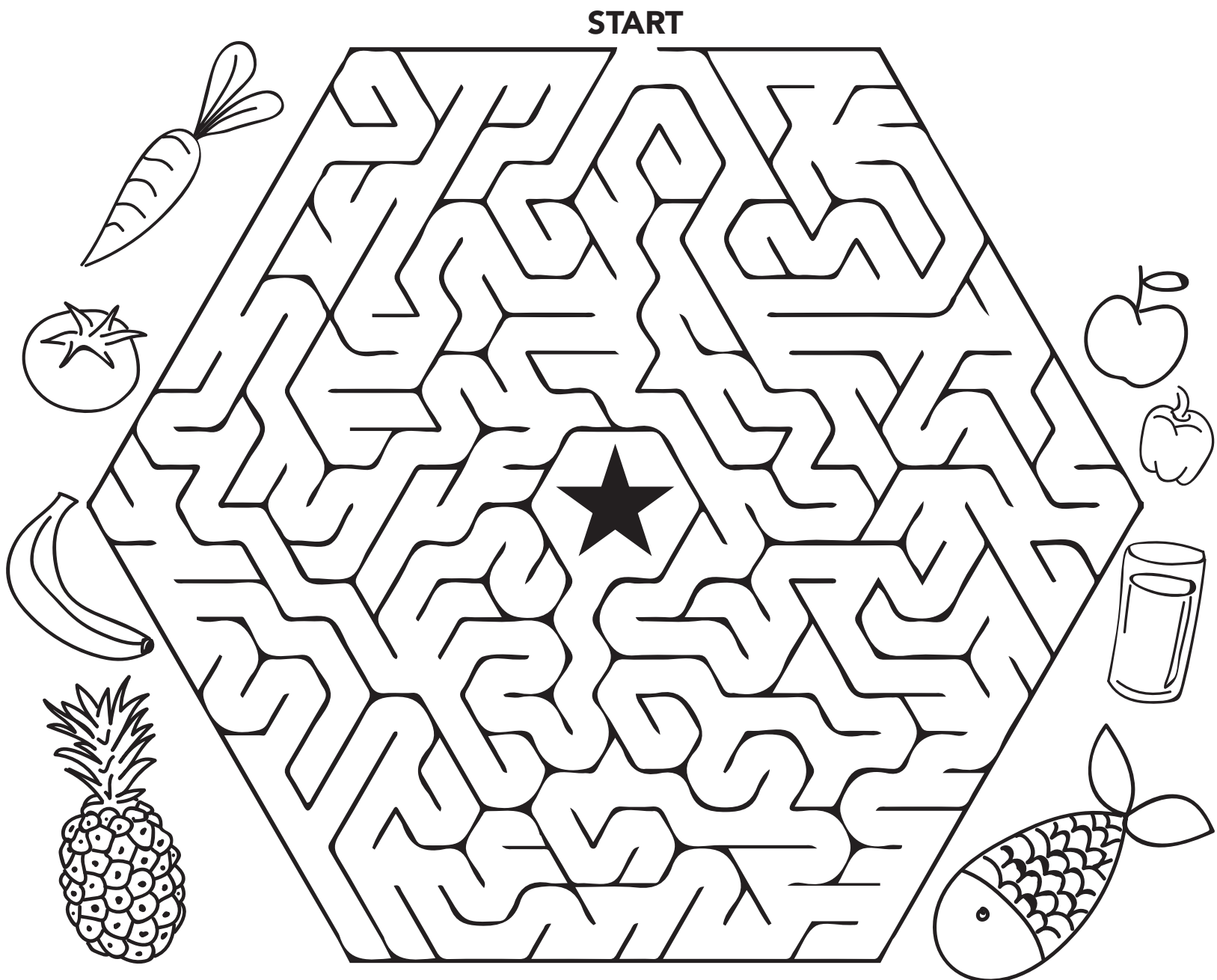
DO YOU KNOW YOUR DIALYSIS?

Y T Y C L E A R A N C E D R Y
P R H E A L T H Y S E L T P J
R A M E I P H O S P H O R U S
E N F E M P E R I T O N E A L
S S N K X O E S C H E D U L E
S P O H G E D H D O C T O R S
U O R W D L R I O V K X E S B
R R M C I H K C A S X L N X P
E T A Z F Q C M I L P Z M C I
I A L K I D N E Y S Y I Q X L
H T D I A L Y Z E R E S T B L
Y I T R A N S P L A N T I A S
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S N U T R E A T M E N T T D H
N Y Z Y E A D H E R E N C E Y

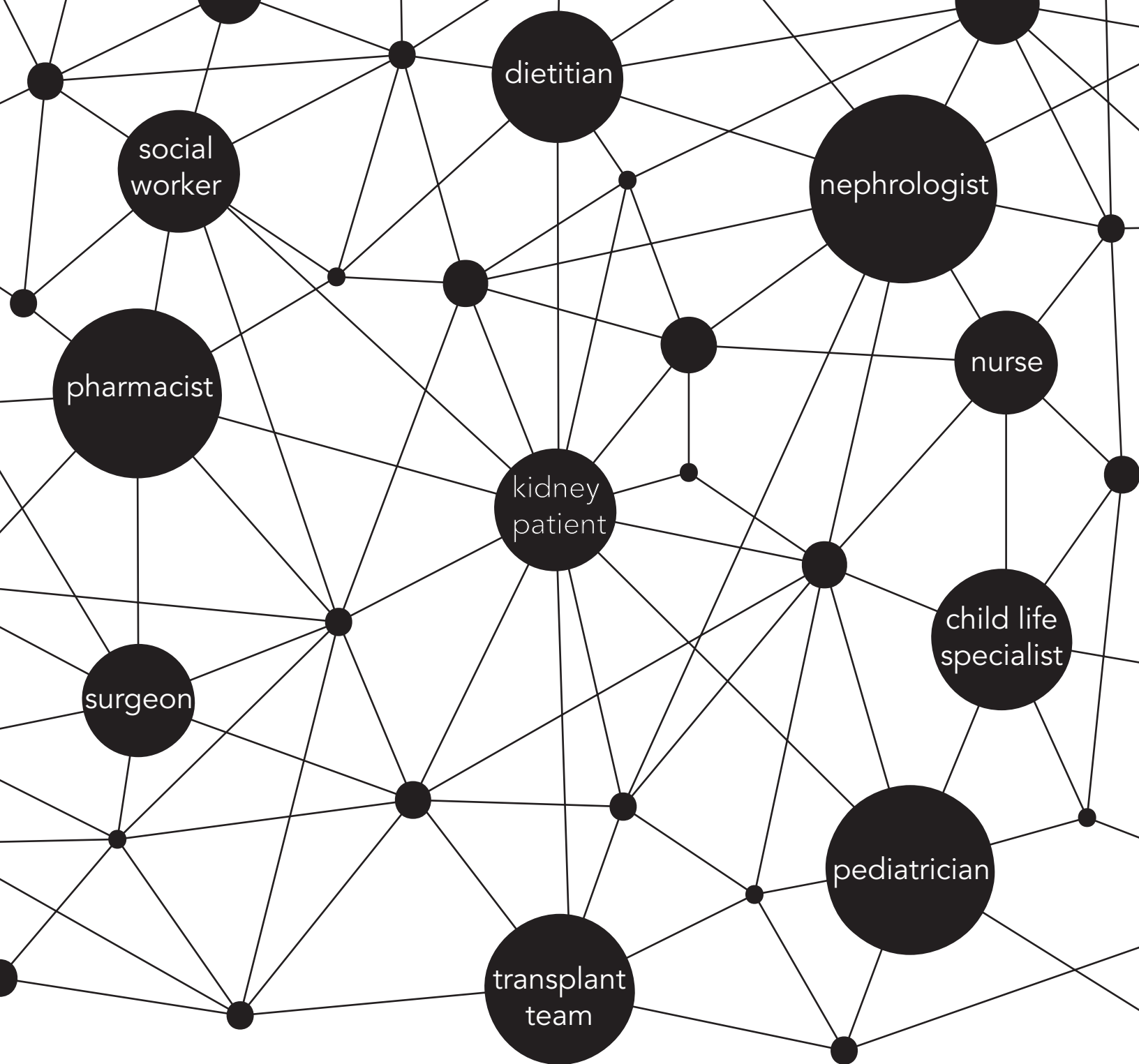
POTASSIUM
PHOSPHORUS
PILLS
TREATMENT
HEMODIALYSIS
TRANSPLANT
PERITONEAL
PRESSURE
DRY
EXERCISE

TRANSPORTATION
DOCTORS
ADHERENCE
KIDNEY
NORMAL
HEALTHY
DIALYZER
HOSPITAL
CLEARANCE
SCHEDULE

Kidney disease may affect appetite and some people may not feel like eating enough food. If this happens you may be asked to drink special milkshakes or formula so that your body gets the nutrition it needs to be strong. Others may require a special tube placed in the stomach by a surgeon. This allows those who cannot eat enough to get the nutrition needed to grow and be strong.



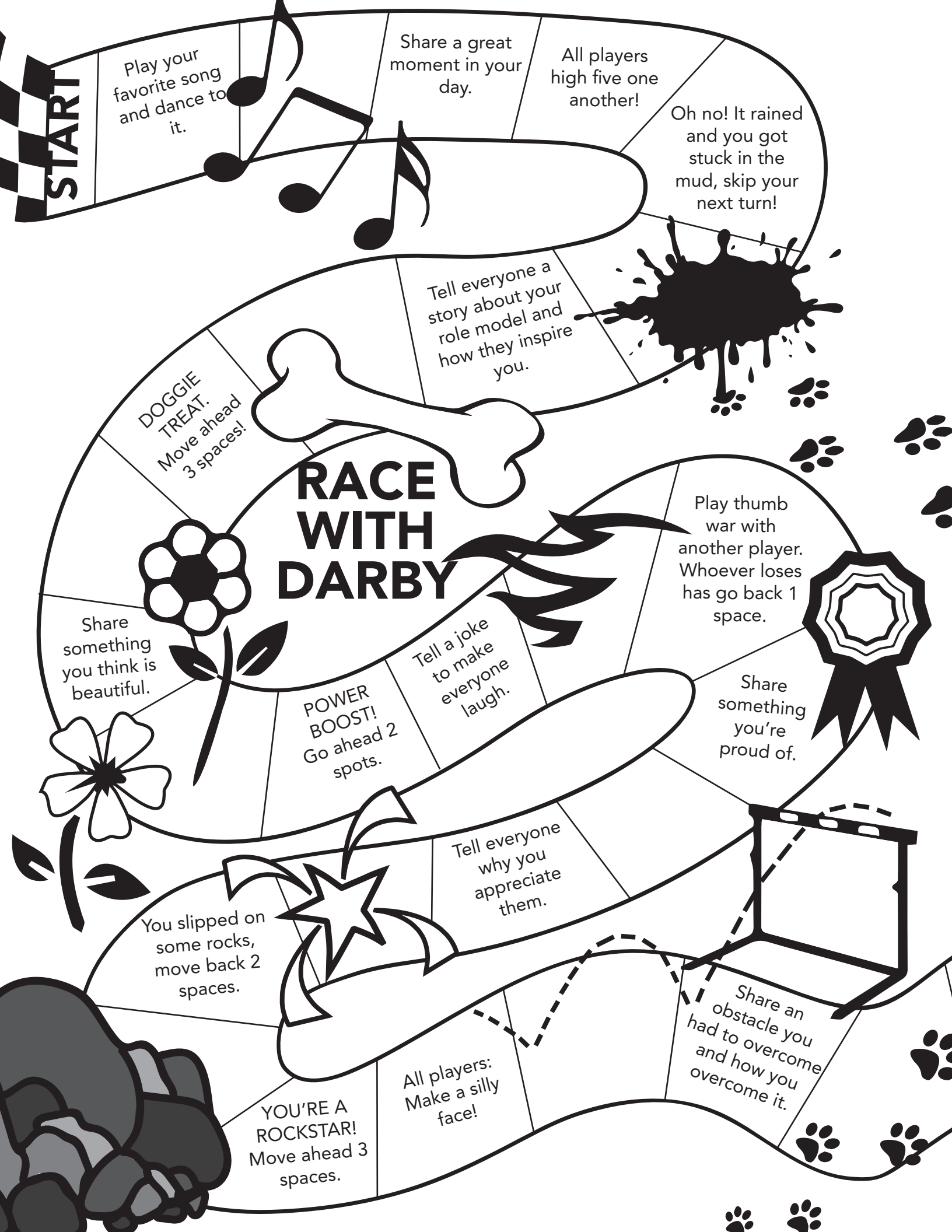
Learning the special nutritional needs of kidney disease is a journey. Follow the maze to healthy food choices.



The care team includes not only the nephrologist and nurses but also other special people to help you or your family member thrive on dialysis. A dietitian will provide nutritional information and guidance. A social worker will provide emotional support and access to community resources. However, your biggest support system may be your family and friends. Remember, it is important to ask questions and to share your feelings with others who are close to you.



Your care team are the roots that support you or your family member on their journey with kidney disease. They help keep you strong and healthy. Write the names of your supporters on the roots of the trees. Then, write all the things that make you happy and that you are thankful for in the leaves of the trees. There are some examples already written in the tree.



START

Play your favorite song and dance to it.

Share a great moment in your day.

All players high five one another!

Oh no! It rained and you got stuck in the mud, skip your next turn!

Tell everyone a story about your role model and how they inspire you.

DOGGIE TREAT.
Move ahead 3 spaces!

RACE WITH DARBY

Play thumb war with another player. Whoever loses has go back 1 space.

Share something you're proud of.

Share something you think is beautiful.

POWER BOOST!
Go ahead 2 spots.

Tell a joke to make everyone laugh.

Tell everyone why you appreciate them.

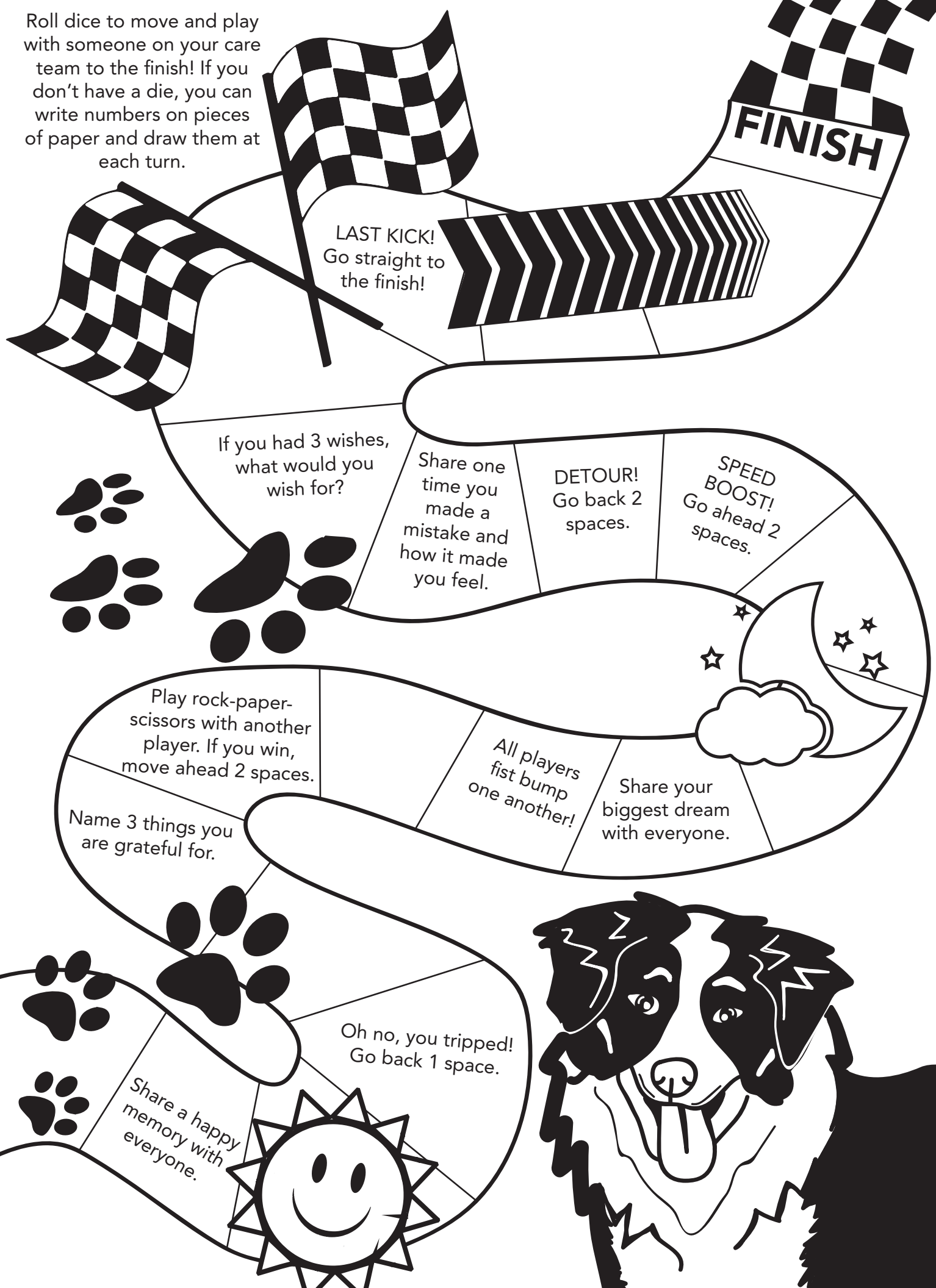
Share an obstacle you had to overcome and how you overcome it.

All players: Make a silly face!

YOU'RE A ROCKSTAR!
Move ahead 3 spaces.

You slipped on some rocks, move back 2 spaces.

Roll dice to move and play with someone on your care team to the finish! If you don't have a die, you can write numbers on pieces of paper and draw them at each turn.



LAST KICK!
Go straight to
the finish!

FINISH

If you had 3 wishes,
what would you
wish for?

Share one
time you
made a
mistake and
how it made
you feel.

DETOUR!
Go back 2
spaces.

SPEED
BOOST!
Go ahead 2
spaces.

Play rock-paper-
scissors with another
player. If you win,
move ahead 2 spaces.

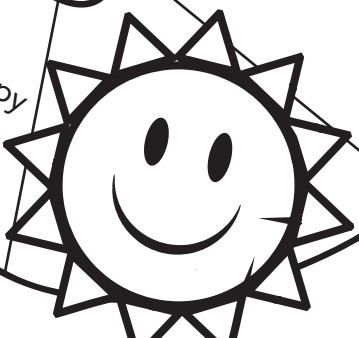
Name 3 things you
are grateful for.


All players
fist bump
one another!

Share your
biggest dream
with everyone.

Oh no, you tripped!
Go back 1 space.

Share a happy
memory with
everyone.



A black and white line drawing of a dog, possibly a Border Collie, lying in bed with its tongue out. The dog is looking towards the viewer. The bed has a simple pillow and blanket. Above the dog, there are several stars of different sizes and a crescent moon. A large, irregular cloud-like shape surrounds the text in the upper right. The overall theme is dreams and goals.

Write or draw all the
dreams and goals you
have for the future.

CERTIFICATE OF STRENGTH

This certificate of strength goes to

For completing a journey
learning about kidney disease
with courage, perseverance, and
hard work.

