



HOME FAMILY CARE AWARD



PROJECT: CARING FOR THE SICK

GOALS

A. CARING HYGIENE: Learn at least four ways of staying healthy when helping the sick.

B. CARING CHALLENGE: Complete one of the three.

A. CARING HYGIENE

Caring for someone who is sick is one of the kindest acts you can do, but it is important to take a few steps to make sure you do not get sick yourself! Learn the following precautions to avoid catching what the person in your care may have.

Keeping Yourself Well (Learn four)

- Wash your hands after you help a sick person
- Get plenty of sleep
- Do not touch your face
- Eat well
- Drink plenty of water
- Keep a respectful distance
- Keep a respectful distance

B. CARING CHALLENGE

Note: If you have no family members or friends who are sick, have someone pretend to be sick to complete these challenges.

Option 1—Encourage a Sick Friend

When people are very sick with a temporary illness, constant encouragement can make a difference! Think of a friend or family member that needs encouragement and do one of the following to help.

- Make a “get well card.”
- Bring a meal such as chicken soup and crackers.
- Bring flowers.
- Visit a sick friend in the hospital and sit with them for awhile.
- Bring a sick friend your favorite storybook or Bible and read it aloud to them.

Option 2—Help a Sick Family Member

Offer to assist a sick family member for a short time. If a very contagious illness is involved, talk to your parents or guardians about the best way to help without getting sick yourself. Make sure you wash your hands often as you help!

1. Find out from your parent or guardian what the illness is.
2. Ask advice on the best ways to help.
3. Ask the sick person what would help them feel better.



4. The sick person may request things like...

- kleenex
- hot tea or water
- throat lozenge
- books to read
- movies to watch
- sports drinks that help raise electrolytes
- cup of cold water
- extra blankets or pillows

Option 3—Visit a Nursing Home

If no one you know is sick, visit a nursing home with your family and cheer up the sick or elderly. Nursing homes will vary with how severe people’s physical issues are, so choose one that is open to public visitors. See below for ideas of things you can do while there.

- Make a basket of simple cards that you can pass out to many people
- Bring several games you can play with patients.
- Bring supplies to create an art project with someone.
- Learn a simple song that you and a few family members can sing for the people.

RESEARCH MORE

- Complete the **Basic Hygiene** lesson to learn about proper hand washing.
- *Someone I Love is Sick* by Kathleen McCue
- *You are the Best Medicine* by Julie Aigner Clark

My child has successfully completed the Project Goals for the topic—Caring for the Sick.

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your FAMILY CARE award)