

What to Know About Wonders & Worries



Wonders & Worries

Professional support for children through a parent's illness or injury.

We will, together.

Wonders & Worries provides free, professional support to children and teenagers (ages 2-18) who have a parent (or direct caregiver) with a serious, physical illness or injury.

- Services are always free, regardless of income or insurance.
- Sessions are offered in English or Spanish.
- Wonders & Worries supports serious illnesses and traumatic injuries including cancer, heart disease, neurological conditions, kidney disease, strokes, paralysis, and traumatic brain injuries.

CHILD LIFE SPECIALISTS

Wonders & Worries uses certified child life specialists (CCLS) to provide this support. Child life specialists are professionals trained in the developmental impact of illness and injury.

- They offer therapeutic play, preparation, and developmentally appropriate education on illness, treatment, and side effects (interpreting medical language into kid language).
 - They help children and their families cope with the stress and uncertainty of illness and injury.
- **CCLS Training**
 - Earn at least a bachelor's degree in child development, child & family studies, psychology, or other related fields
 - Complete a part-time child life practicum, under the supervision of a CCLS
 - Complete 500-600-hour internship under the supervision of a CCLS
 - Pass a national exam to get certified
 - Complete required continued education to recertify every 5 years

WONDERS & WORRIES CURRICULUM

Wonders & Worries staff utilizes an exclusive, evidence-based, 6-session Illness Education and Coping Curriculum. Wonders & Worries is committed to evaluating the impact of our programs and sharing the results of our work:

- Among 156 families dealing with a parental cancer diagnosis, the majority of kids experienced amelioration of multiple issues including improved communication skills (87%), reduced anxiety (84%), increased feeling of security at home (90%), and improved school performance (73%).
- The program significantly improved parenting skills and confidence, the family's emotional well-being, and children's behavioral-emotional adjustment, while decreasing parents' concerns about the impact of their illness on their child.



Children and teens can receive support virtually and at 6 office locations in Austin, Georgetown, San Antonio, and Houston.

SERVICES INCLUDE

- Individual or group sessions for children and teenagers
- Monthly check-in groups available for kids to stay connected to Wonders & Worries after completing the 6-week curriculum
- Family fun events
- Parenting support
- Anticipatory grief and initial bereavement support. Wonders & Worries partners with local bereavement entities after a death occurs.

NATIONAL PLATFORMS AVAILABLE FOR FAMILIES

- Wonders & Worries Helpline: 1-844-WE-WONDER (1-844-939-6633)
- Wonders & Worries 2GO APP for Parents and Professionals
- Parenting resources: Podcast, online videos, and recommended book list

Direct referrals are highly preferred, as 90% of families we support were referred by a professional through submitting an online form, faxing or emailing a referral form, or calling our office at 512-329-5757.

Free resources are available for parents and professionals at www.wondersandworries.org