

Children's program ILF 2018 – Journey through the lymphatic system

9.30 AM: plenary opening by Jikse Griffioen at the patientday-program where children will be put in the spotlight

OPENING

9.45 AM: Children leave the room and walk with the group (which can be recognized by a huge LYMPHIE-sign), so the plenary session can continue without children. Let the journey through the lymphatic system begin!

'Journey through the lymphatic system-game' will be explained to the children.

10.00-10.30 AM: presentation 'Edema and moving' with Anouk vd Meer, Dutch Waterpolo-international and Inge Kijkindevegte, children physical therapist. (*Sunroom*)

10.30 AM: plenary coffee break

11.00 AM:

- moving with edema is performing top sport with Jiske Griffioen. (*Sunroom*)
- *Parallel session:* Art around edema: workshop 'Make a Compression-Artwork': artist Rob Van den Broek. (*Skydeck*)
- *Parallel session for the little children:* lot of small games with Jolanda

11.45 AM:

- Kickboxing with edema: kickboxer Alex van Suffelen will perform a practical workshop about moving with edema (kickboxing set to your goals and abilities). (*Sunroom*)
- *Parallel session:* Art around edema: workshop dress yourself and/or pimp your (old) stocking: artist Rob Van den Broek. (*Skydeck*)

12.30-1.30 PM: plenary lunch break

1.30-2.30 PM: Workshop: 'Ask me anything': for children without their parents, easy going panel, guided by Yol Kuier (parent-coach), Carla Rienstra (skin therapist) and Mireille Lauret (edema physical therapist). (*Sunroom*)

2.30-4.00 PM: Travel through the lymphatic system: workshop-choices on board. (*Skyroom*)

- Escape-game: fun and weird exercises, together or alone, in order to receive more points, find keys, open new suitcases and find solutions. For young children and youth!
- Compression in color: workshop with Carla Rienstra about bandaging, including colored bandages.
- Product-market for children: industry will be asked to lend some of their compression garments for children and youth, so it can be showed to them.
- Nutrition and lifestyle advices: what are the 'do's and don'ts' for nutrition and lifestyle when you're dealing with lymphedema or lipedema?
- Photoshoot: show your stockings, your colored-bandaged arm or leg, your artwork or take a picture together with your friends to get a wonderful reminder of this special patient day!

- Vlogging and Blogging opportunity with Tessa Vergnes
- International lymph-questionnaire: Christine Moffat and Isabelle Quere can conduct the questionnaires for the children and youth here, with who would like to help.
- **3.00-3.30 PM:** plenary coffee break, for who would like to join

4.00-4.30 PM: (*Skyroom*)

- Finishing up the 'Journey through the lymphatic system-game' by counting all points, receive their certificate and their goodie bag.
- Small talks, checking/finishing makeup for the catwalk.

4.30 PM: gathering with your piece of art, pimped stocking, colored-bandaged leg or arm – ready for the 'catwalk'

4.30-5.00 PM: plenary ending of the patient day with short catwalk where the children show their projects of the day

Extra information

Goal of the patient day is to offer children a special day, including sports, psyche, relaxing, nutrition, lifestyle and creativity. All around the theme 'Journey through the lymphatic system'. Parents can join the normal patient day. It is possible to offer a special part where parents can talk to a psychologist.

Opening: five children on stage, literally in the spotlight, where they shortly tell something about themselves (name, age, age of onset, familiar and how it affects them). Will leave a big impression.

Ask me anything: possibility for children to talk about their emotions around edema, like fear, sadness, insecurity, anger. Showing them that there are people who are willing to help, that they are not alone in this. Trying to avoid that they will get emotional problems in later life.

Please click here to register for Children's Day <http://2018ilfconference.org/registration/>