

CAVES
for kids

**JOIN FORCES
WITH US!**

MARCH 7 - 13



WHAT IS “CAPES FOR KIDS”?

Capes for Kids is a fun, friendly event where we encourage everyone to embrace their inner hero, wear a cape and raise funds and awareness for kids with disabilities.

FUNDRAISE & PARTICIPATE!

Set a fundraising goal and decide what your action will be and then start fundraising. Then, wear your cape March 7-13 2022 and participate in our hybrid scavenger hunt, virtual events or create your own!

**YOUR MISSION: CREATE A WORLD OF
POSSIBILITIES FOR KIDS WITH DISABILITIES**



About Holland Bloorview

At Holland Bloorview we believe in creating a world where all youth and children belong. We are the only children's rehabilitation hospital in Canada focused on combining world-class care, transformational research, and academic leadership in the field of pediatric disability.

We help over 7,500 kids and youth with disabilities and complex medical needs access care that focuses on their physical, mental, and emotional well-being, and we power their infinite potential and possibility.

Our goal: The most meaningful and healthy futures for all children, youth and families.





HB Super Kids here to tell you about Capes for Kids!

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Holland Bloorview | Kids Rehabilitation Hospital



1 WEEK OF FUN



Your Impact

Thank you for creating a world of possibilities for kids with disabilities!

Kids with disabilities and their families have been disproportionately impacted by COVID-19. This year is more important than ever. Here's some of the way you will help:



You will be supporting research and innovations that will change the future for children with disabilities across the world.



You will be helping families under financial distress purchase food, special equipment and medications that are desperately needed.



You will be providing musical therapy instruments so kids can develop new skills and find outlets to express themselves.

Activity: What is your superhero name?

First letter of your name

A Daring
D Fantastic
G Dynamic
J Stellar
M Super
P Exceptional
S Captain
V Marvelous
Y Ultra

B Atomic
E Clever
H Amazing
K Mega
N Invincible
Q Incredible
T Adventurous
W Powerful
Z Fearless

C Turbo
F Mighty
I Brave
L Wonder
O Galactic
R Mysterious
U Amazing
X Outstanding

Your Birthday Month

January
March
May
July
September
November

Agent
Wizard
Fighter
Giant
Avenger
Justice

February
April
June
August
October
December

Master
Warrior
Brain
Ninja
Marvel
Ranger

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**JOIN FORCES
WITH US!**

Activity:

**WHO IS YOUR
HERO
AND WHY?**



Activity:

**WHAT WOULD BE YOUR
SUPER POWER
BE AND WHY?**



CHALLENGE ACCEPTED? LET'S BEGIN!

1. **SIGN UP (FOR FREE) WITH YOUR TEAM** Link will be sent out (*enter any team promos or incentives here*)
2. **USE OUR [VIRTUAL FUNDRAISING TOOLKIT & RESOURCES](#) TO PLOT OUT YOUR HERO JOURNEY.** You can access Zoom backgrounds, social posts, email signatures and more resources!
3. **BE THE TRUE HERO YOU ARE BY PARTICIPATING IN CAPES FOR KIDS WEEK & PROUDLY WEARING YOUR CAPE MARCH 7-13th**



Thank you for joining forces with us!





MEET ONE OF OUR HEREOS, **LILLY**

Superpower: Caring

Seven-year-old Lilly loves to learn.

Currently the eight-year-old loves helping her mother with the groceries. Now that she knows all the vegetables and fruits, Lilly loves to put her shopping list together. She is also enthralled by games like hide-and-seek and having playdates with her friends is always a pleasure to her friends. It's a long way from the days her mother, Narges, remembers when Lilly couldn't even move her head.

Just after her first birthday, Lilly was diagnosed with 1p36 deletion syndrome. It's similar in some ways to Down's syndrome, and the condition can be mild or severe.

As a baby, Lilly didn't squirm and wriggle around. She didn't wave her hands in the air or try to grab her little toes. In fact she rarely moved at all.

"It's hard to describe how I felt in those early weeks and months. I remember standing over her crib in the middle of the night, shifting her position so she wouldn't get sore from lying in one place," Narges says.

But, after turning to Holland Bloorview for help, Lilly took her first steps when she turned four. Narges thanks the attentive physiotherapists for that milestone.

Now Lilly is also using an iPad to communicate at school, adding more and more clear words to her vocabulary.

"Holland Bloorview is our second home," says Narges. "Everyone was as passionate as I was to see Lilly's success and progress."

And while Narges admits some days were harder than others, she appreciates every little baby step along the way.

"We were told she would never walk and for a year she couldn't even move her head, but finally with all the work and help and fights we did it," says Narges.

"Lilly is still not talking, she's non-verbal, but I try to work with her and we do our best. Maybe it'll happen, maybe it won't, but we try and work to help her be the best she can be."



*THE JOURNEY TO A
BRIGHTER FUTURE
WILL NOT BE POSSIBLE
WITHOUT YOUR SUPPORT*