A Quick Reference Guide
to Writing Care Package Notes

Please Remember To:
- Write your first name, city, and state at the end of your card
- Leave a small space at the top so we can add the child’s name once we get the request
- Remember these notes are being included with care packages, so it’s ok if you reference the toys and hoping that they bring them some smiles.
- Avoid phrases such as “you will beat this.” Every diagnosis is different and the care package may arrive at any time during their treatment.
- Avoid religious quotes – We know if they like Star Wars, Barbie, or Lego’s...We don’t know if they would find the quotation inspiring or off-putting. There is sadly no check-box for that on the care package form!
- Leave the note UNSEALED. I’m sure you’re all literary geniuses, but I have to read the note before I send it!

Also:
- Don’t date the cards or wish them a seasonal greeting! It may take me a little while to send!
- If you’re making more than one card - each child only receives one inspiring note, so if you find you’ve found a few sentences that work, don’t be afraid to write them again. I won’t tell.
- Don’t go for a novel. The best ones are shorter-ish. It gets hard to write generic cards past a few sentences without knowing the gender or age!

GOOD EXAMPLES
“Sending along some warm wishes along with this Care Package. Hope the contents can help get you through those slow times in the doctor’s office. Stay strong and know that there a lot of friends pulling for you! – Todd, Laurel, MD”

“Remember there are a lot of people who are rooting for you to kick cancer’s BUTT! Be strong, be brave, and be inspired. Wishing you a healthy & speedy recovery – Dave, Towson, MD”

A really nice note but not the right tone:
“Thinking of you during this difficult time. Stay strong. You will beat cancer, and be stronger because of your victory.
~ Sarah, Baltimore, MD”

SIBLING CARDS TOO!
- We also need cards for the child’s siblings as well! Just write a short note saying something along the lines of:
“Thanks for being an amazing brother/sister! Sending warm wishes to you and your family! – Danielle, Essex, MD”