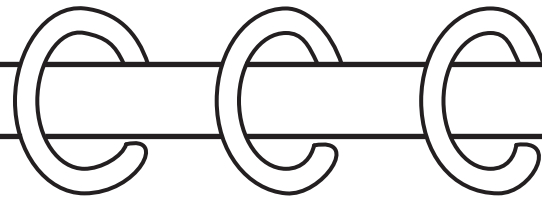


# Me and My Breathing Machines

## Colouring and Activity Book





# About Me

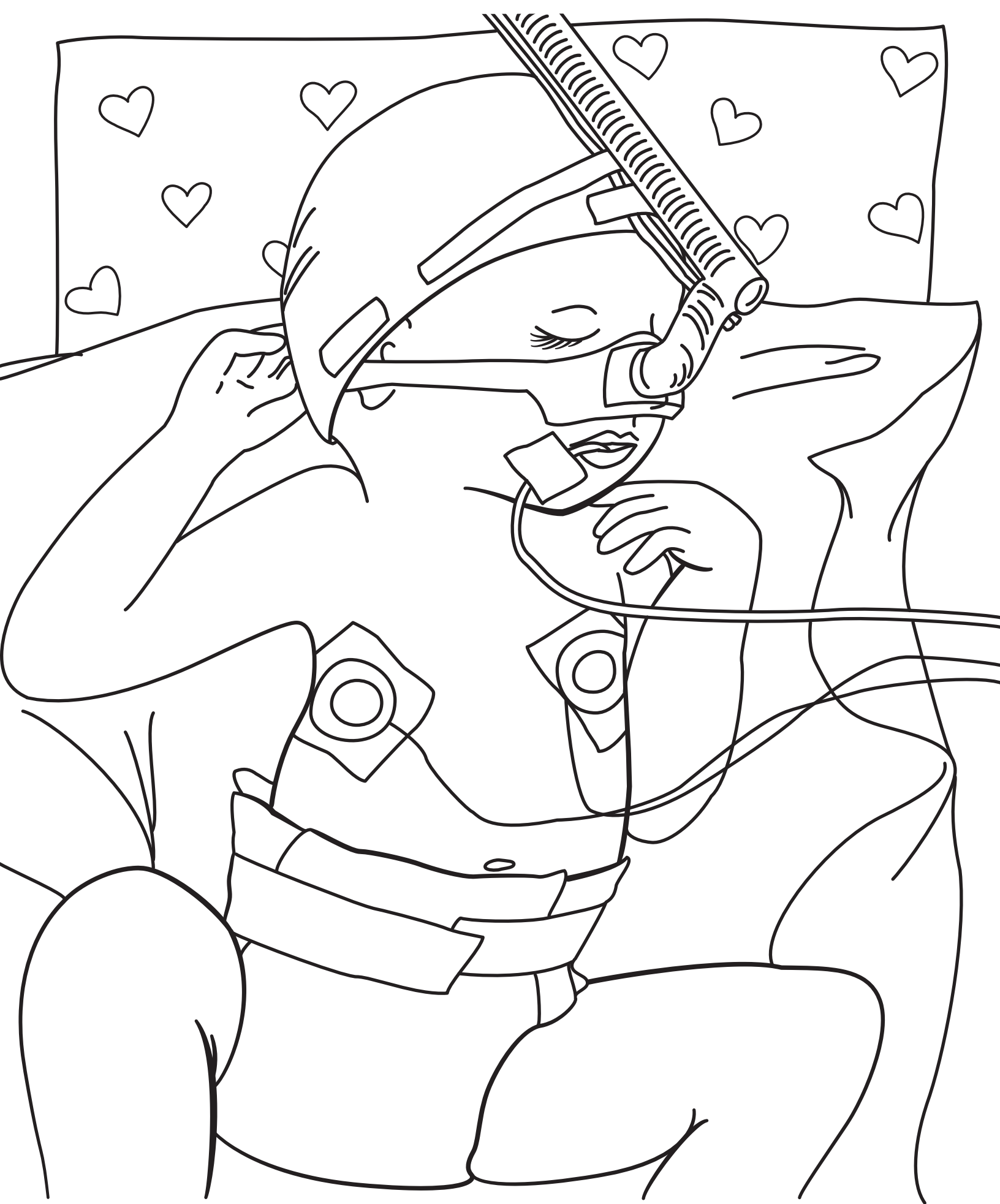
My name is

I am \_\_\_\_\_ years old.

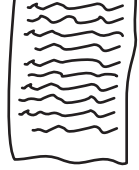
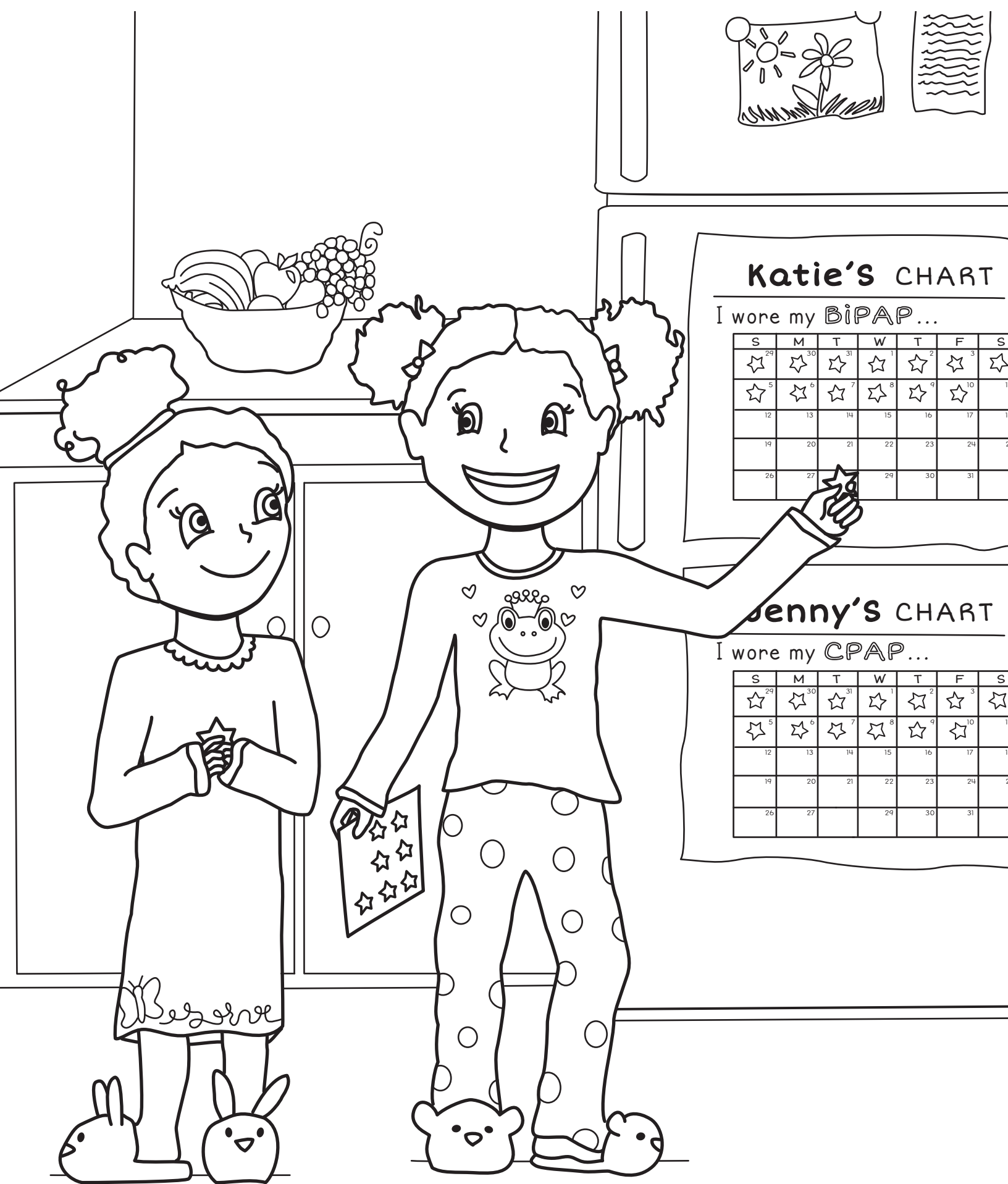
I like

# I use...

- oxygen
- BiPAP
- CPAP
- ventilator
- tracheostomy
- cough assist
- suction
- lung volume recruitment



Baby Charlie needs help to breathe while her lungs develop.



### Katie's CHART

I wore my BiPAP...

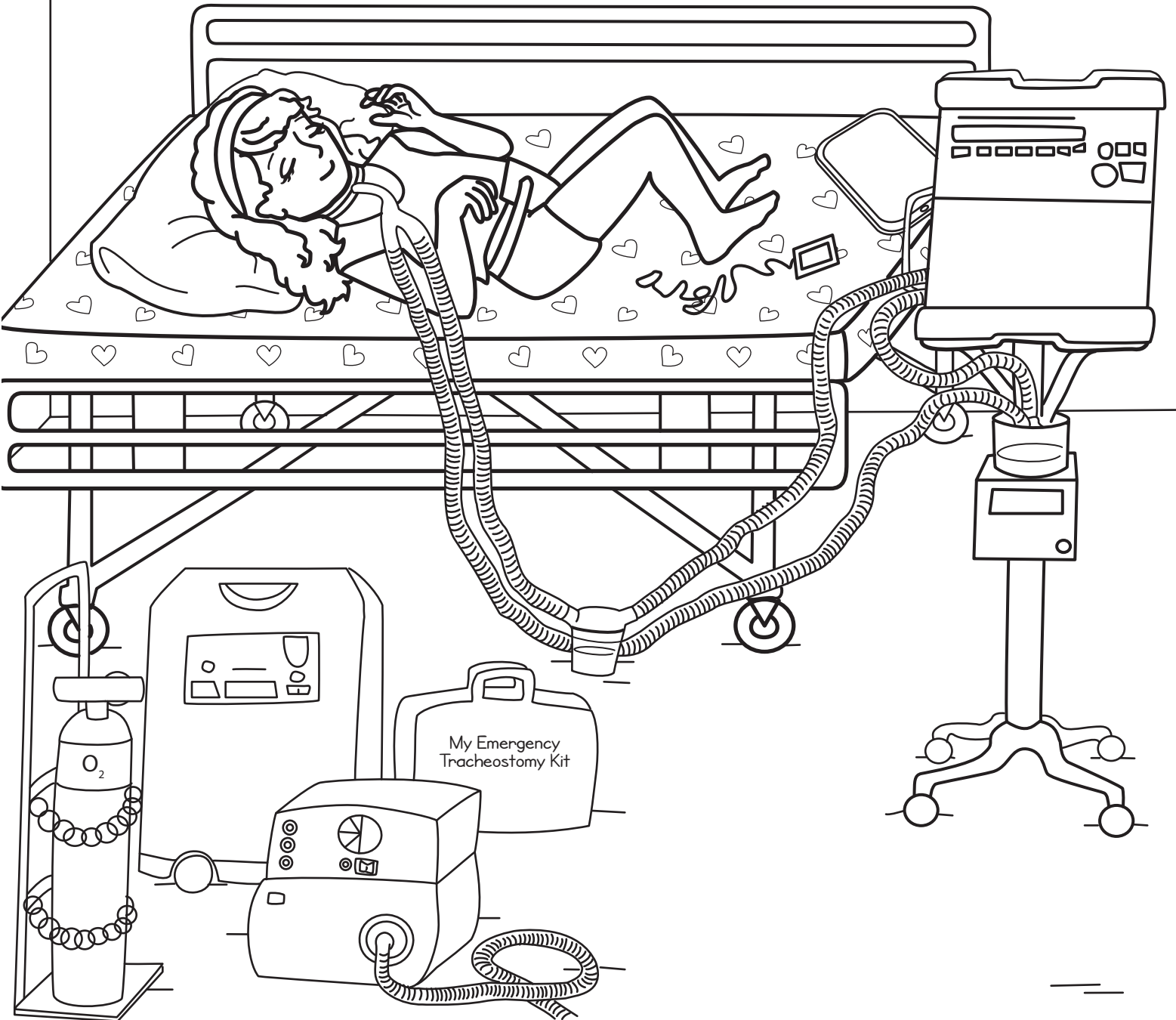
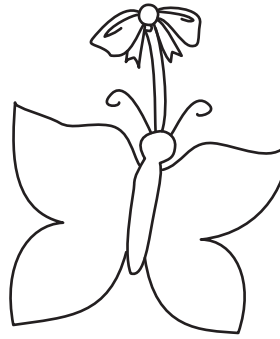
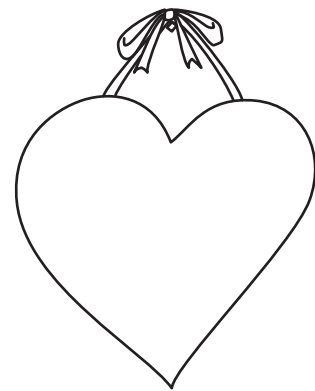
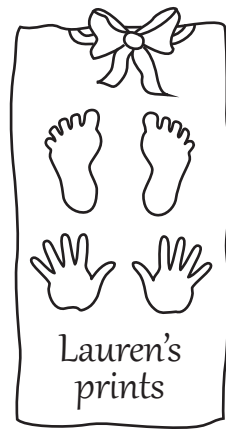
S	M	T	W	T	F	S
☆ <sup>29</sup>	☆ <sup>30</sup>	☆ <sup>31</sup>	☆ <sup>1</sup>	☆ <sup>2</sup>	☆ <sup>3</sup>	☆ <sup>4</sup>
☆ <sup>5</sup>	☆ <sup>6</sup>	☆ <sup>7</sup>	☆ <sup>8</sup>	☆ <sup>9</sup>	☆ <sup>10</sup>	☆ <sup>11</sup>
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27		29	30	31	

### Jenny's CHART

I wore my CPAP...

S	M	T	W	T	F	S
☆ <sup>29</sup>	☆ <sup>30</sup>	☆ <sup>31</sup>	☆ <sup>1</sup>	☆ <sup>2</sup>	☆ <sup>3</sup>	☆ <sup>4</sup>
☆ <sup>5</sup>	☆ <sup>6</sup>	☆ <sup>7</sup>	☆ <sup>8</sup>	☆ <sup>9</sup>	☆ <sup>10</sup>	☆ <sup>11</sup>
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27		29	30	31	

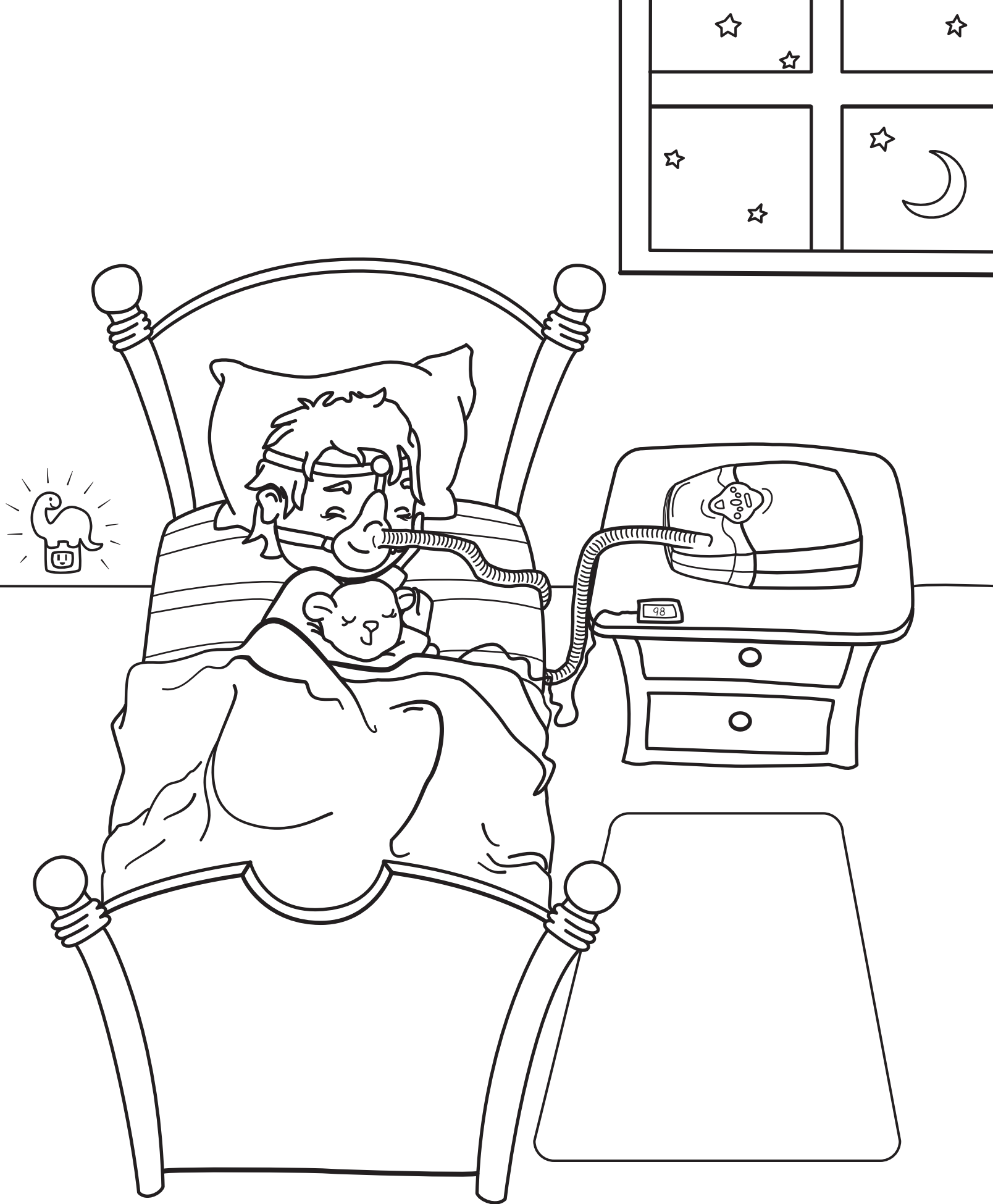
Katie and Jenny earn stars every time they wear their BiPAP and CPAP all night. Who will earn more stars?



Lauren's room has a lot of equipment. But, there is still room for her toys!

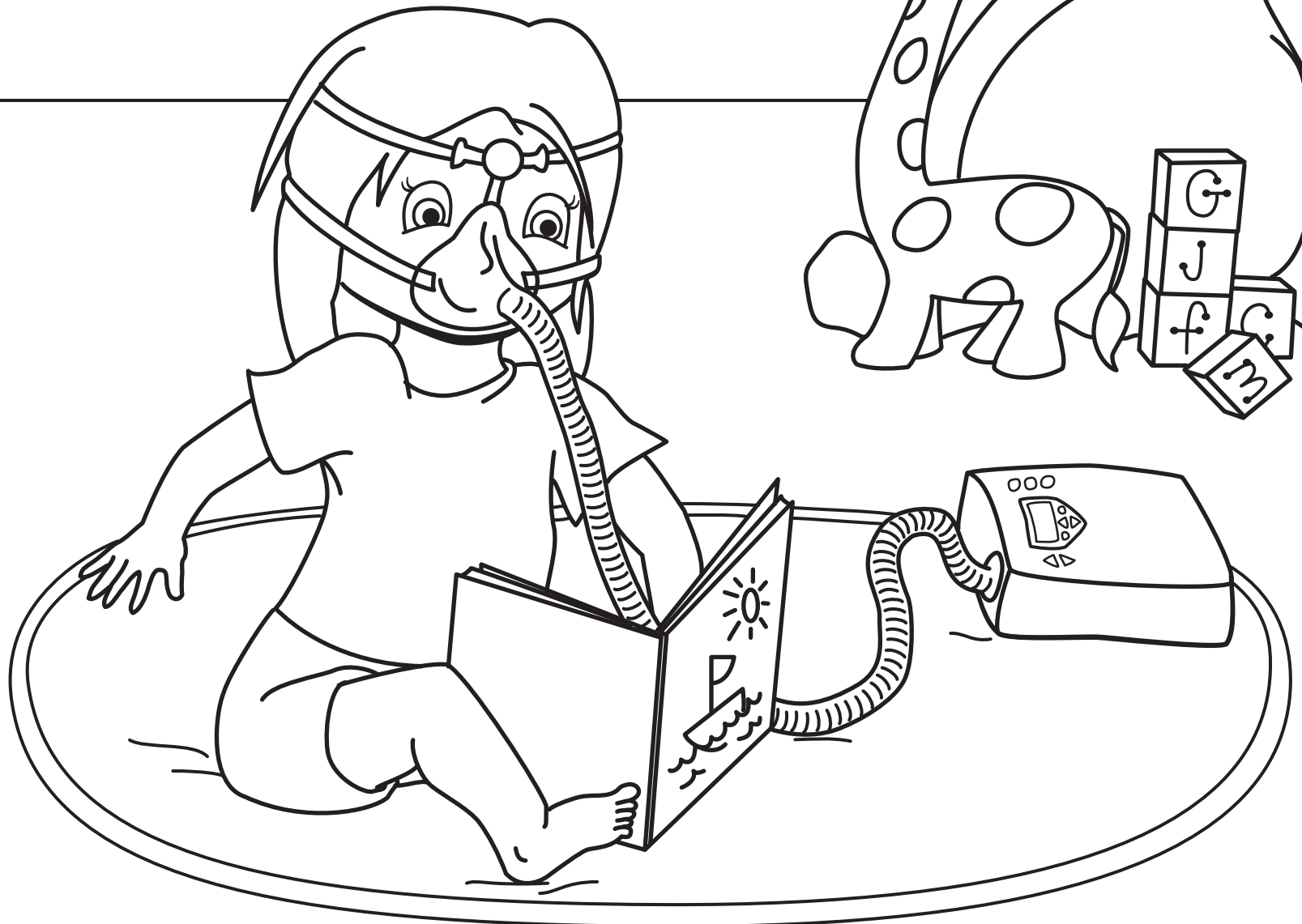
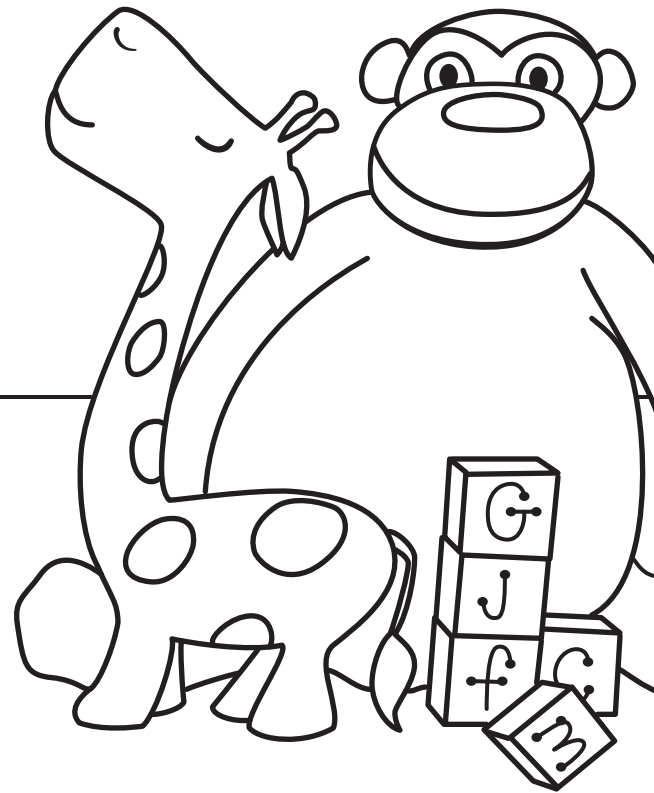
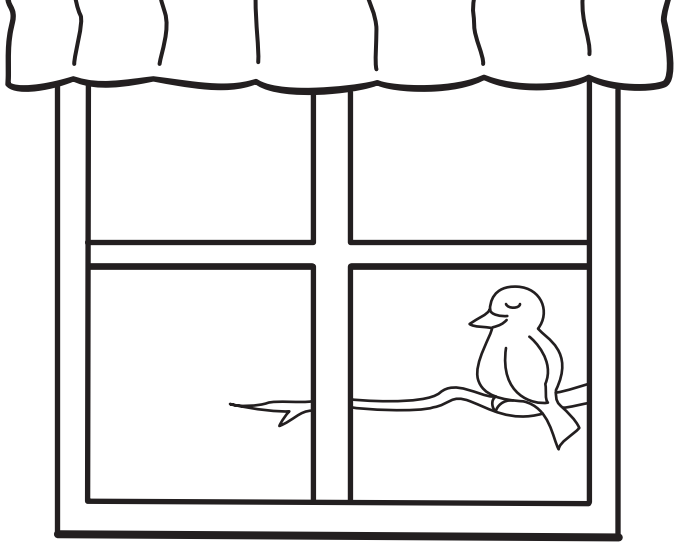


Ty can still bounce in his bouncy chair while using his ventilator.



James sleeps with his BiPAP while snuggling Teddy.





Suzie loves to read while getting used to wearing her mask.



Jenna's mommy helps her with her daily assisted cough.



Heba flew on a plane for the first time to get to Paris. Bon Voyage!



Having a tracheostomy doesn't stop Sam from riding a bicycle.  
Safety first!



Sean enjoys playing basketball with his friends.

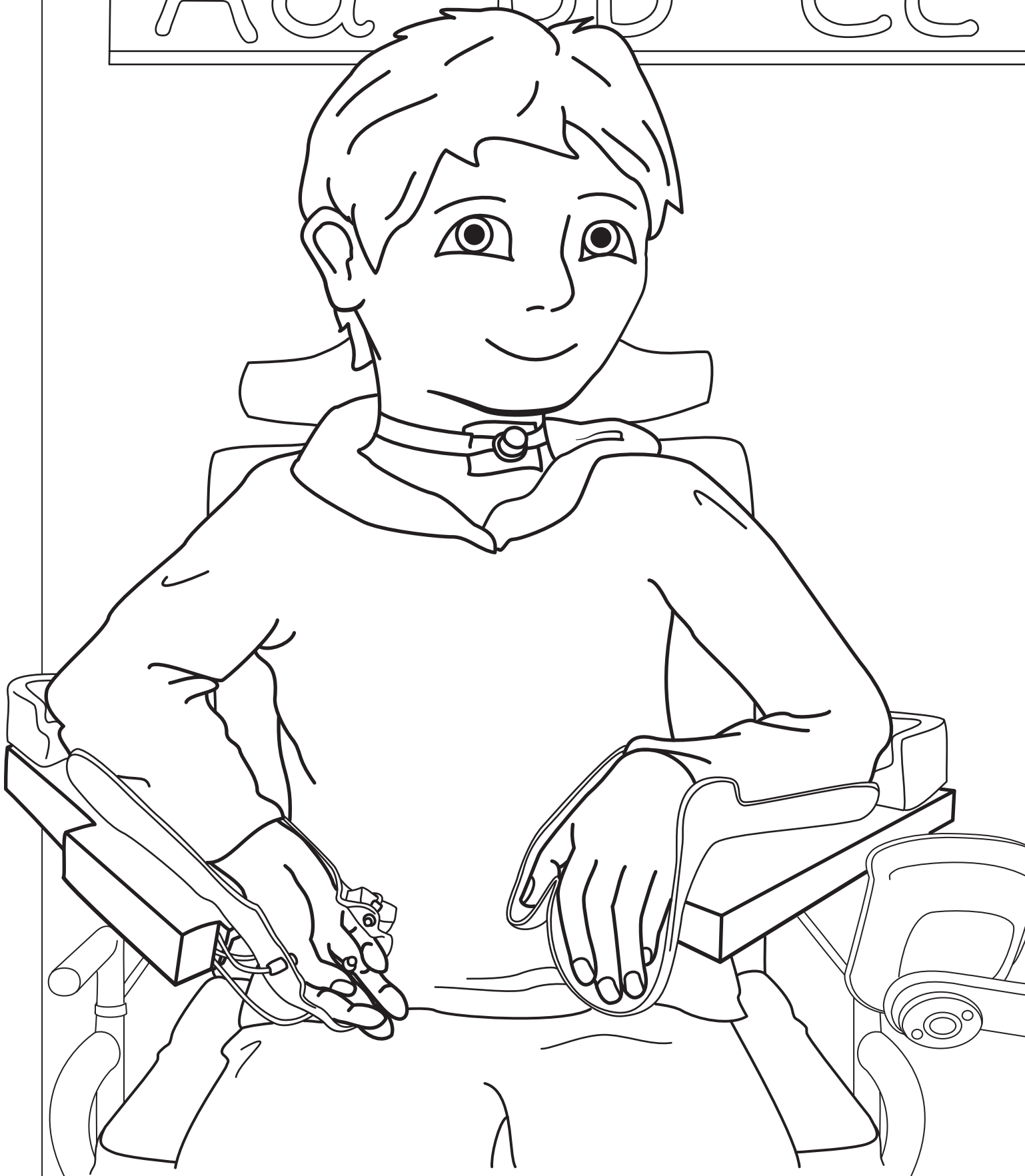


Annie and her bear are ready for their first sleep study at the hospital. Don't worry daddy can come too!

A a

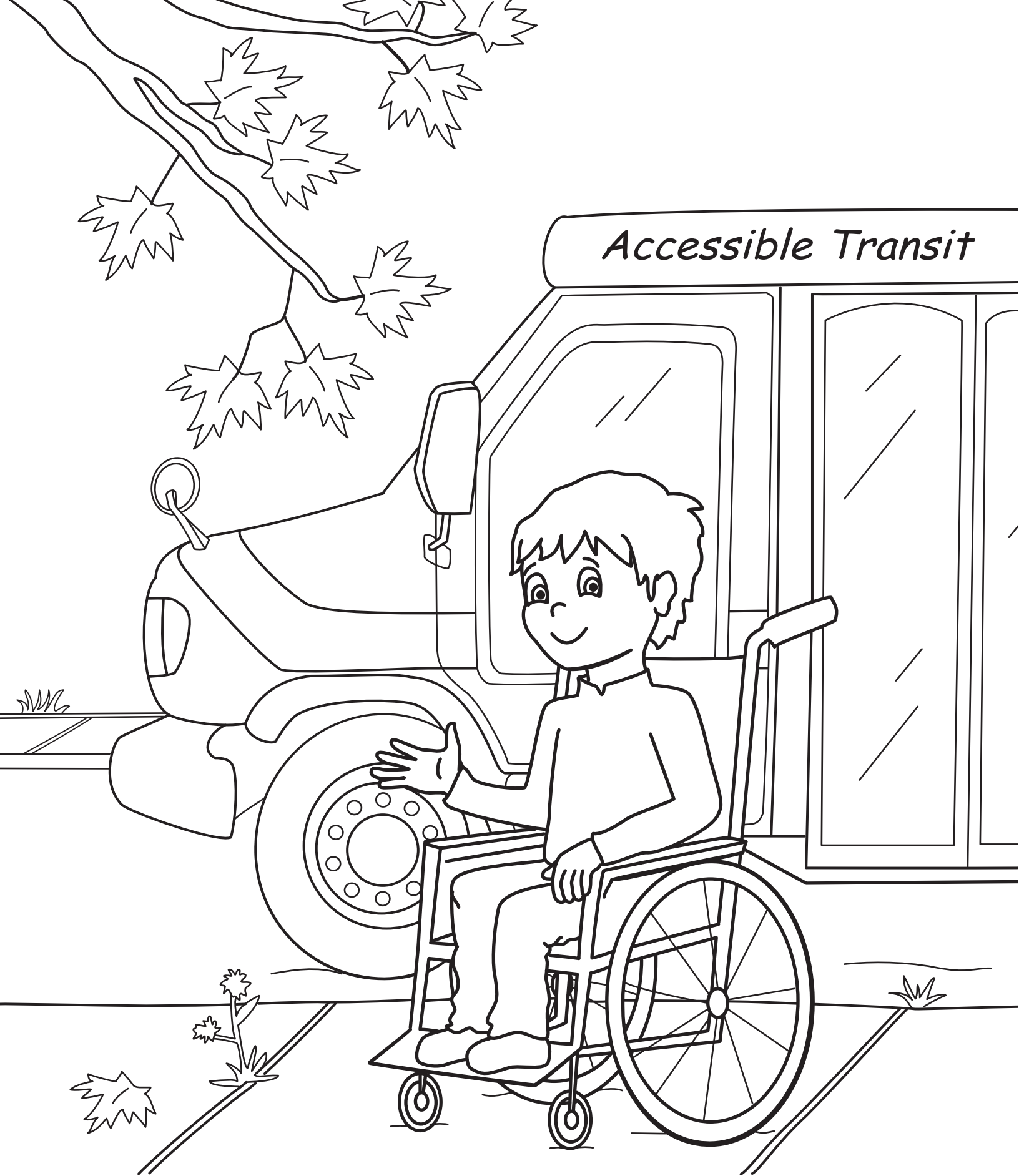
B b

C c



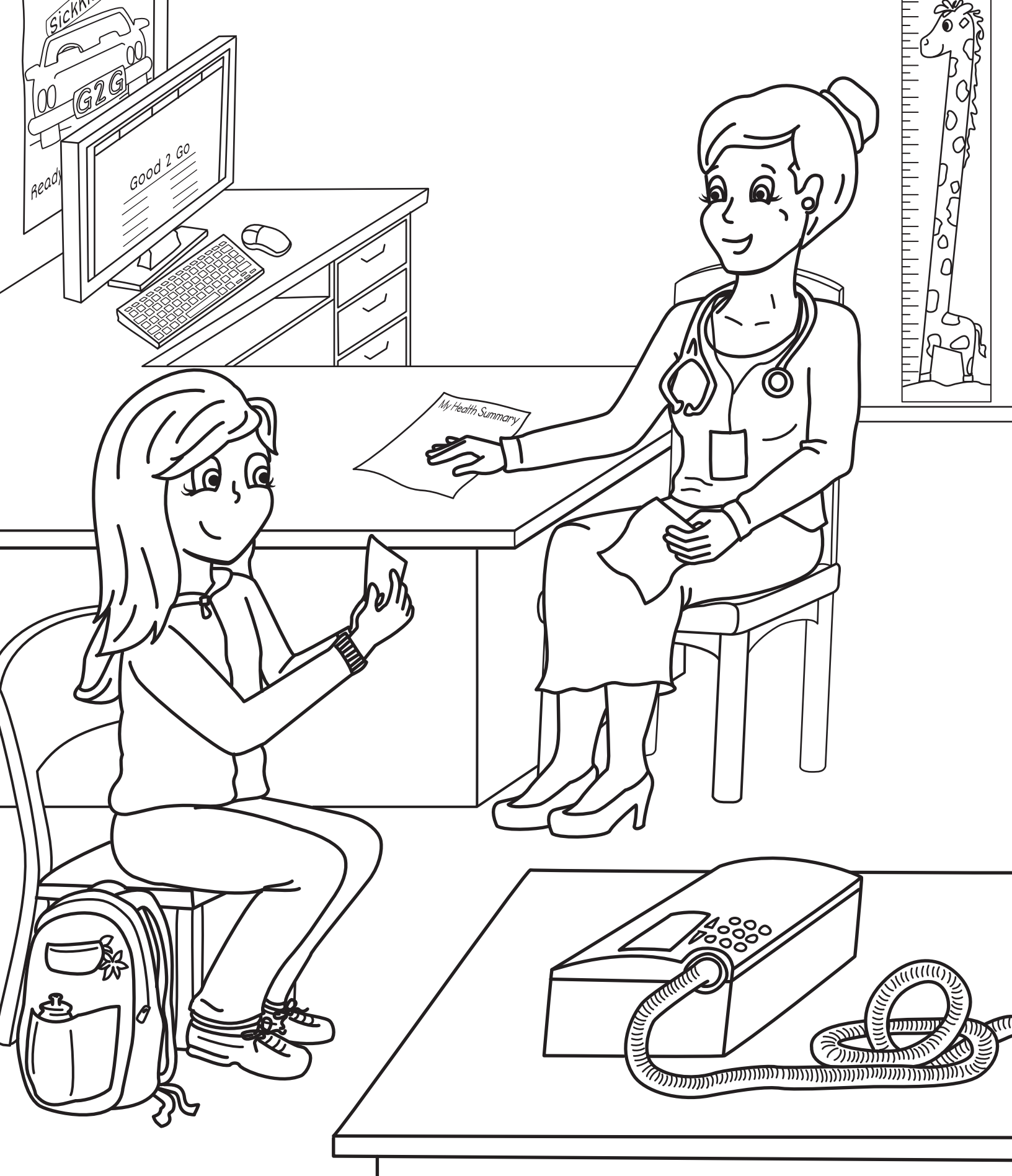
Jeffrey's wheelchair and communication aids help him learn in a classroom with his friends.



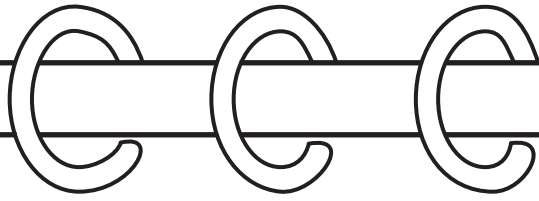


Jason uses accessible transit to get to his baseball games, appointments, and the shopping mall.





Candice is learning how to talk to her doctor on her own.



My Diagnosis is

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It affects my

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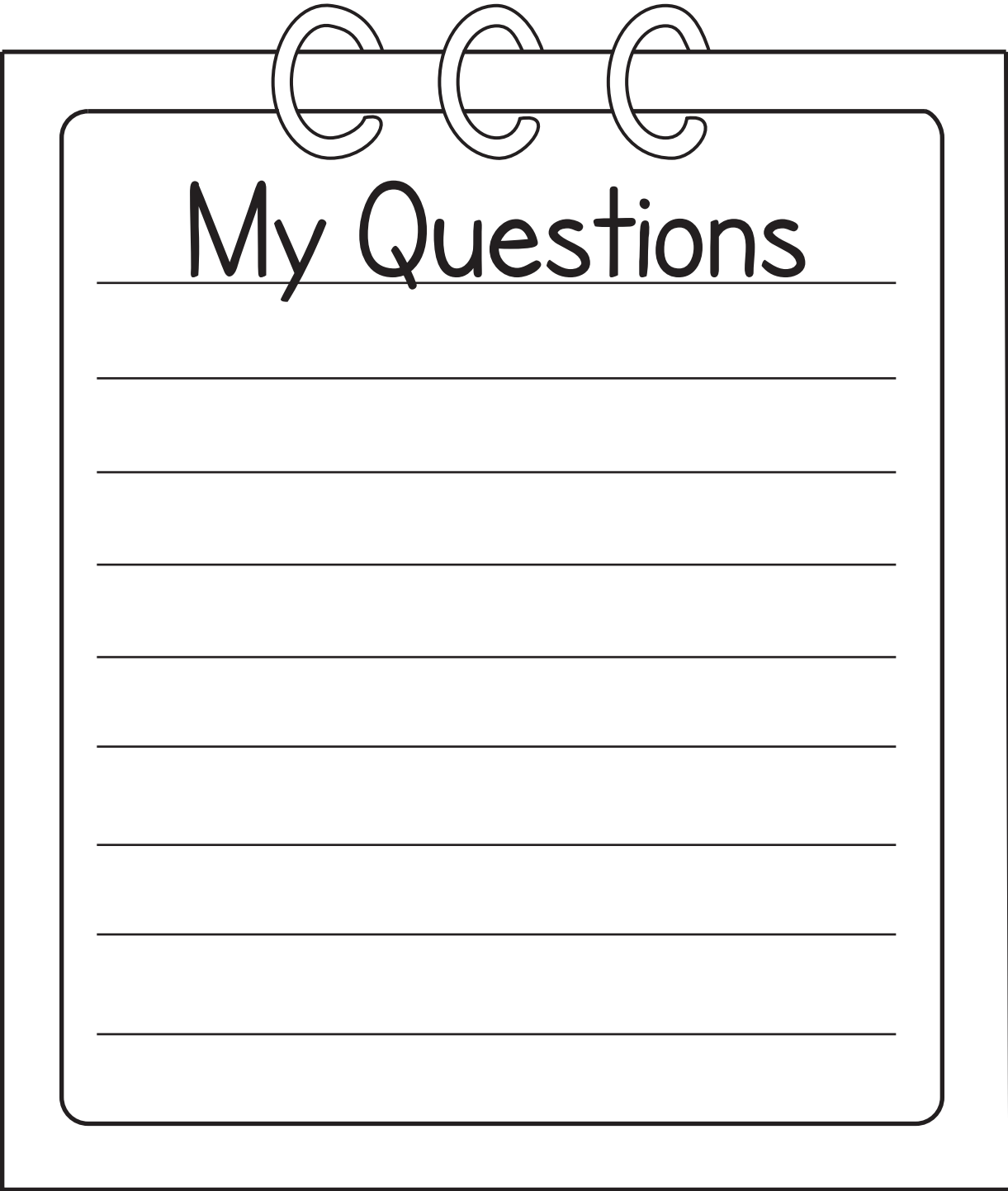
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I need help to

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# My Questions

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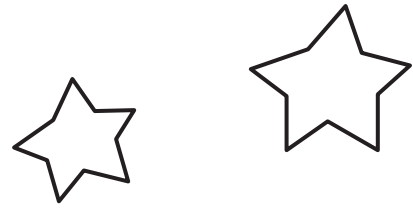
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**“Me and My Breathing Machines” was developed for children who require respiratory technologies. The illustrations depict children with respiratory technologies, in home, community and hospital settings. There are many reasons for a child to need respiratory support; this colouring book was developed to both normalize technology dependence and engage children in their respiratory health. We hope that the illustrations will be enjoyed and shared amongst families and friends of children requiring respiratory technologies, and raise awareness for this resilient pediatric population.**

Contributors:

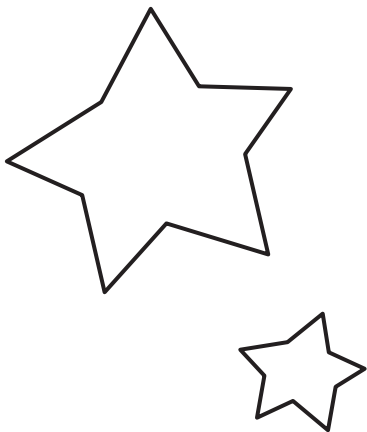
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Muscular Dystrophy Canada is pleased to work in partnership on this project. For further information with regards to our services and supports please visit our website at [muscle.ca](http://muscle.ca)

