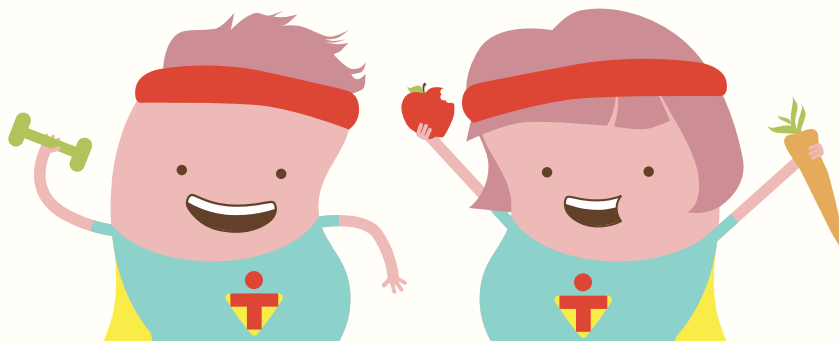


HEALTHY KIDNEYS MEET YOUR KIDNEYS!



PRE-SCHOOL LEVEL



SCHOOL AGE LEVEL



ADOLESCENT LEVEL



RESOURCES MENU

1. Your Kidney Health Team
- 2. MEET YOUR KIDNEYS!**
3. Balance
4. Connections
5. Healthy Eating
6. Being Active
7. Taking Medicines
8. Healthy Blood
9. Bone Health
10. Blood Pressure
11. Acid Balance
12. Growth
13. Chronic Kidney Disease
14. Family Coping Resources
15. My Coping Resources
16. Glossary







HEALTHY KIDNEYS

The Kidney Health Learning Resource is to help children, parents, families, and caregivers living with kidney disease live well with the disease.

The Kidney Health Learning Resource is also for the health care team. The resource helps open the doors to conversations, learning and relationship-building with children, youth and families about kidney disease by presenting simple, age-appropriate design and medically and clinically accurate information and concepts.

The Kidney Health Learning Resource Advisory Group thanks parents and children who welcomed us into their private experience of living with chronic kidney disease. Children and families shared experiences and took time to let the consultant know what has been - and what would have been - helpful to know as they coped with chronic kidney disease in their families. To the children and families: thank you for sharing so that other families and health care providers can benefit from your wisdom. Your openness, enthusiasm and courage inspires us all.

We thank the members of Pediatric Nephrology, Children's Hospital, Health Sciences Centre Winnipeg who provided input, shared expertise and gave encouragement in the development of the learning resources. We also thank members of CANN-NET for their reviews of materials and their enthusiastic support.

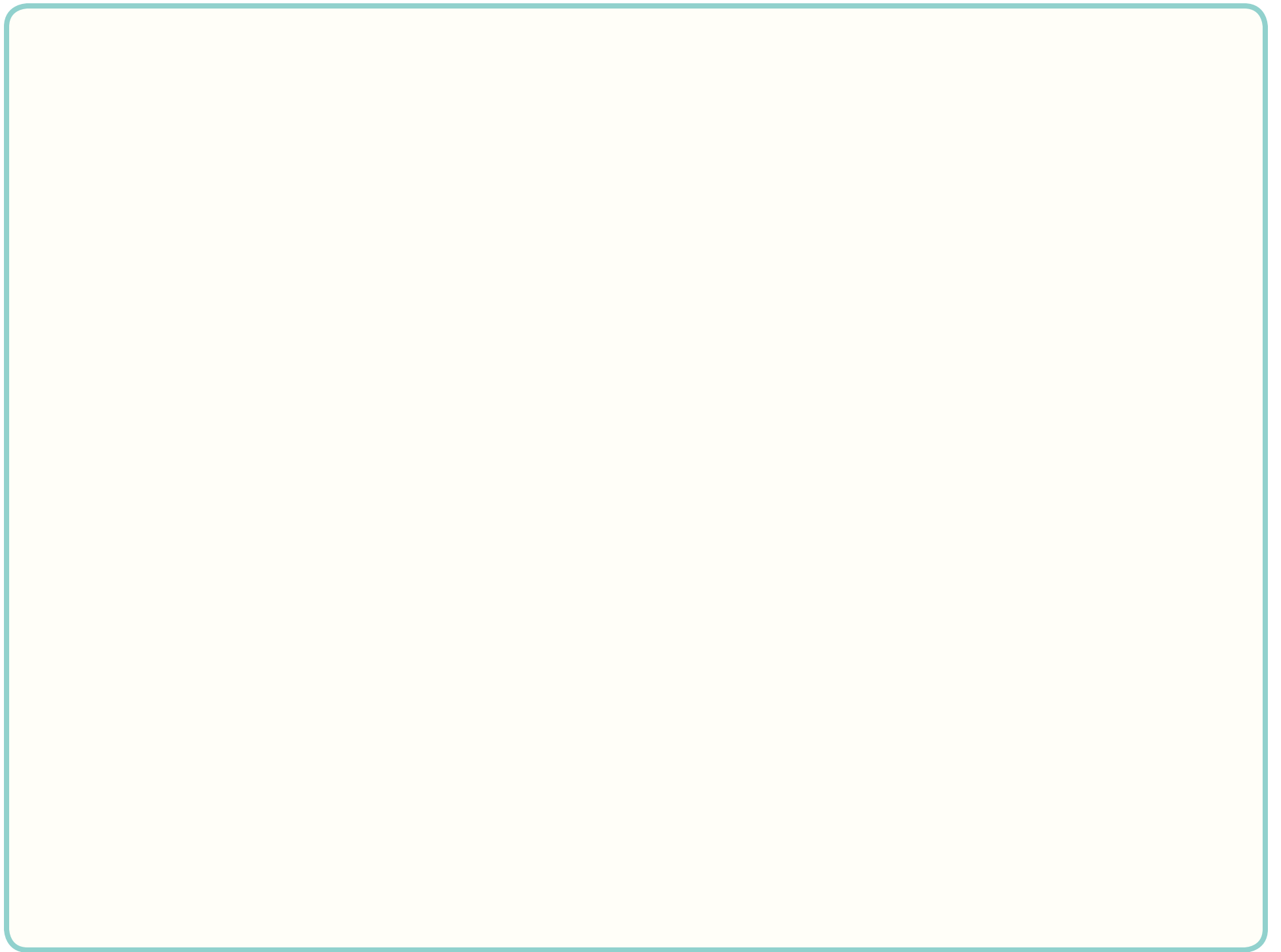
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

Developmental levels within this resource:

PRE-SCHOOL LEVEL

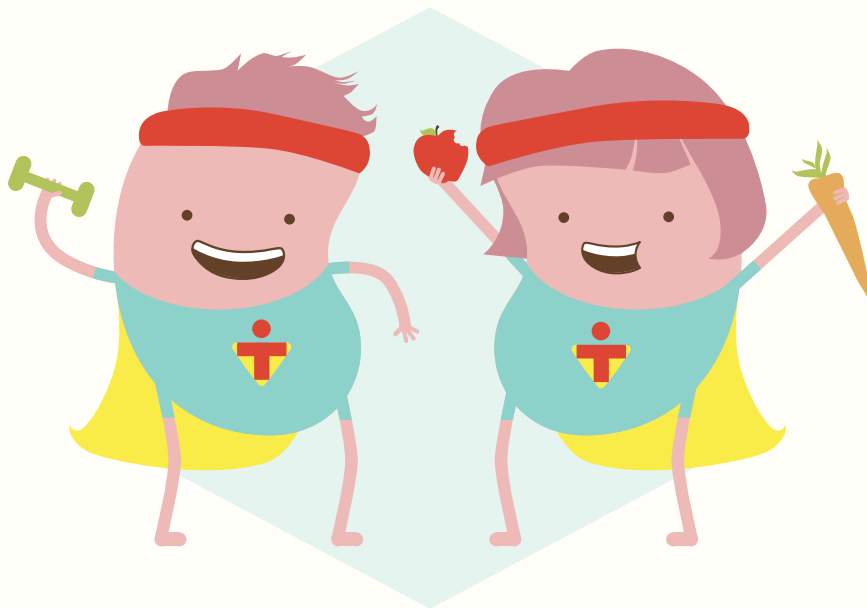
SCHOOL AGE LEVEL

ADOLESCENT LEVEL



MEET YOUR KIDNEYS!

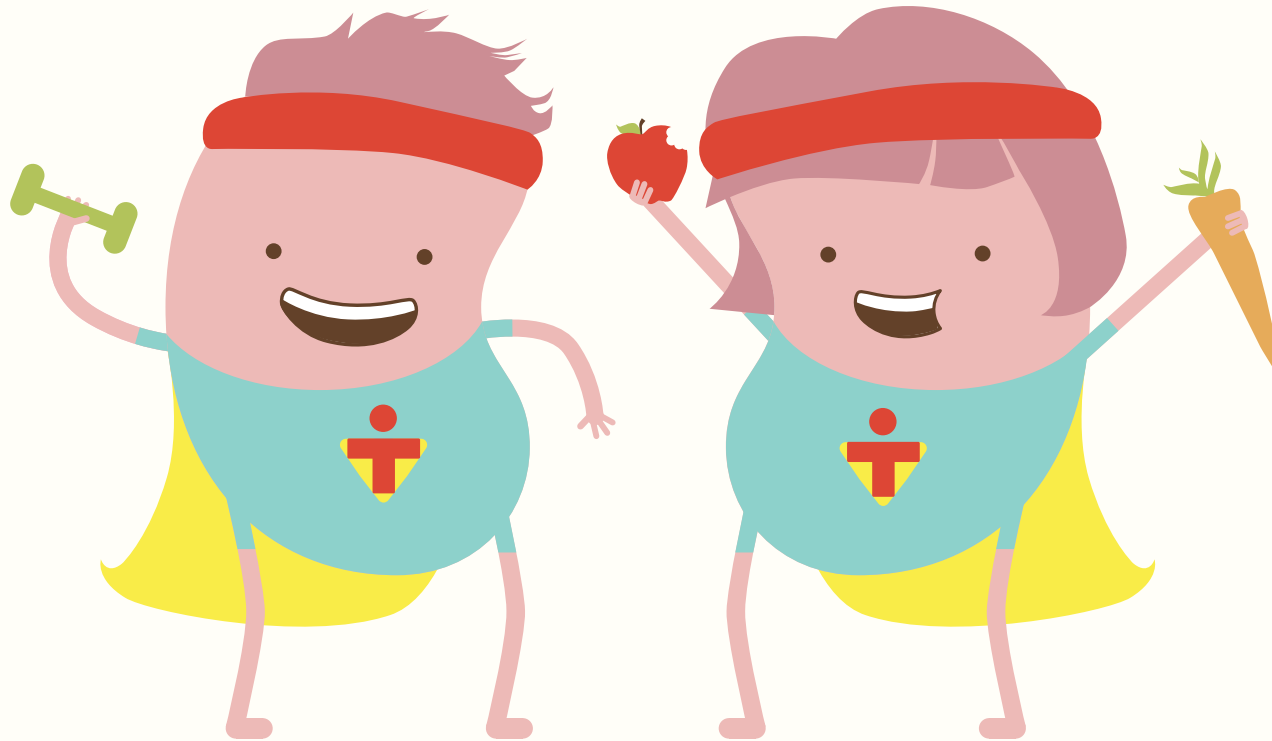
PRE-SCHOOL LEVEL



RESOURCES MENU

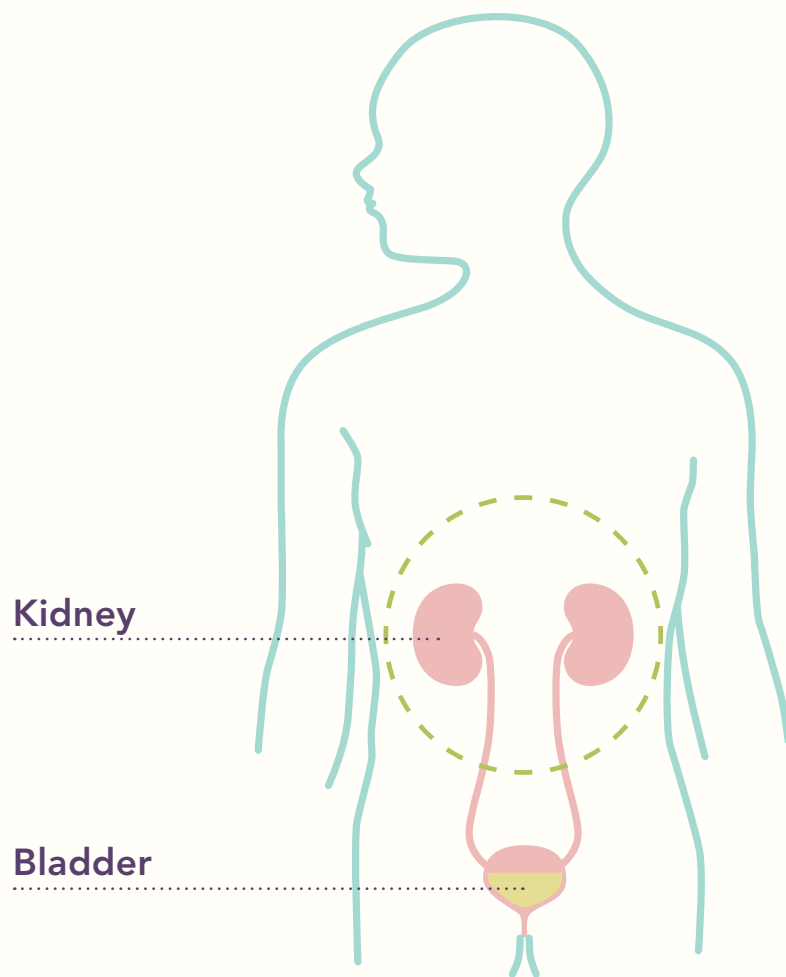
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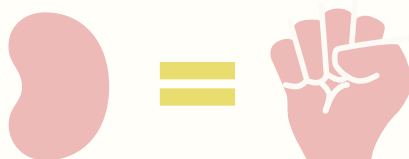


Say HELLO to the **Kidney Twins**! The Kidney Twins live inside your body.

The Kidney Twins live in your back.



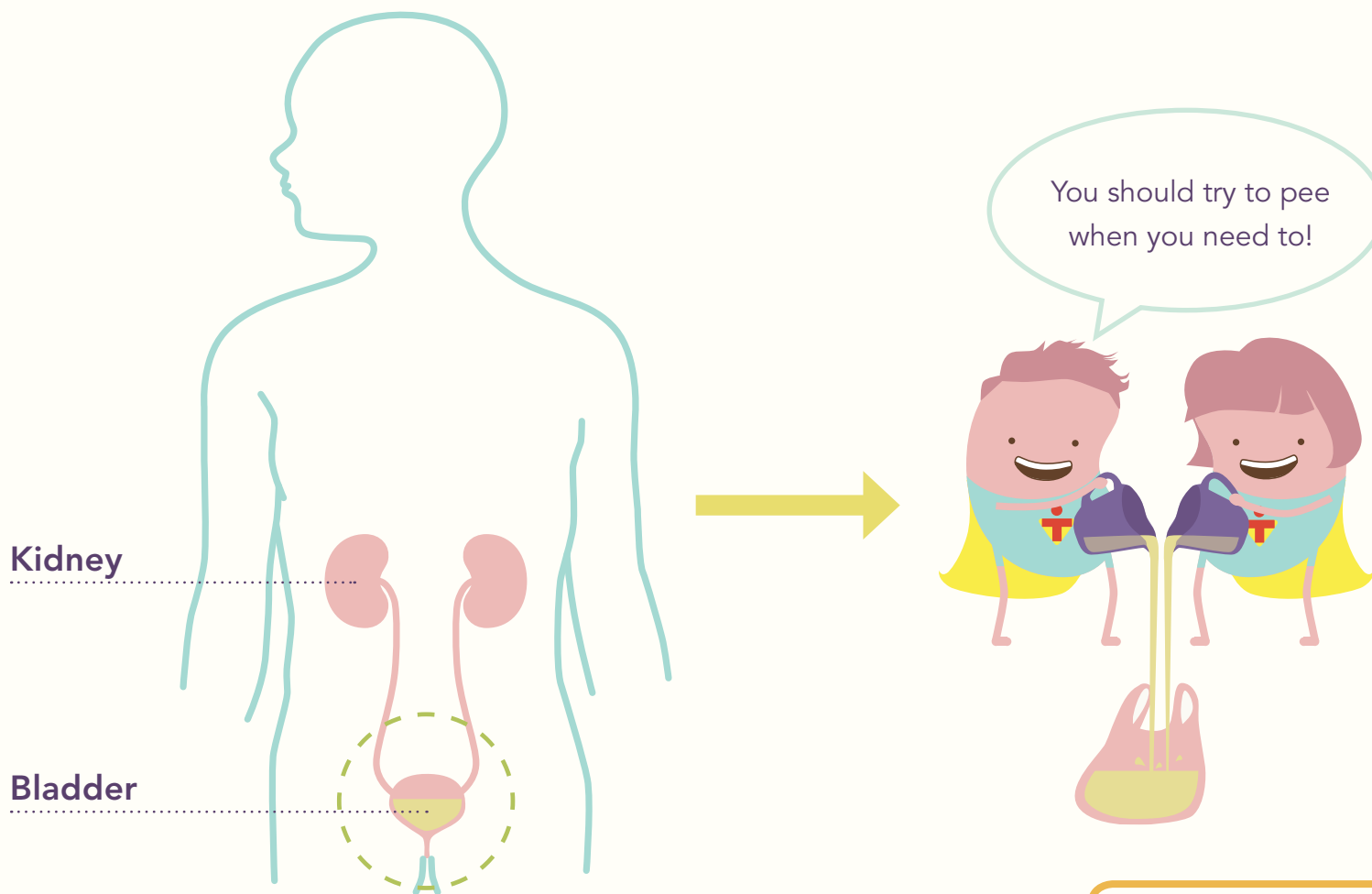
MEET YOUR KIDNEYS!



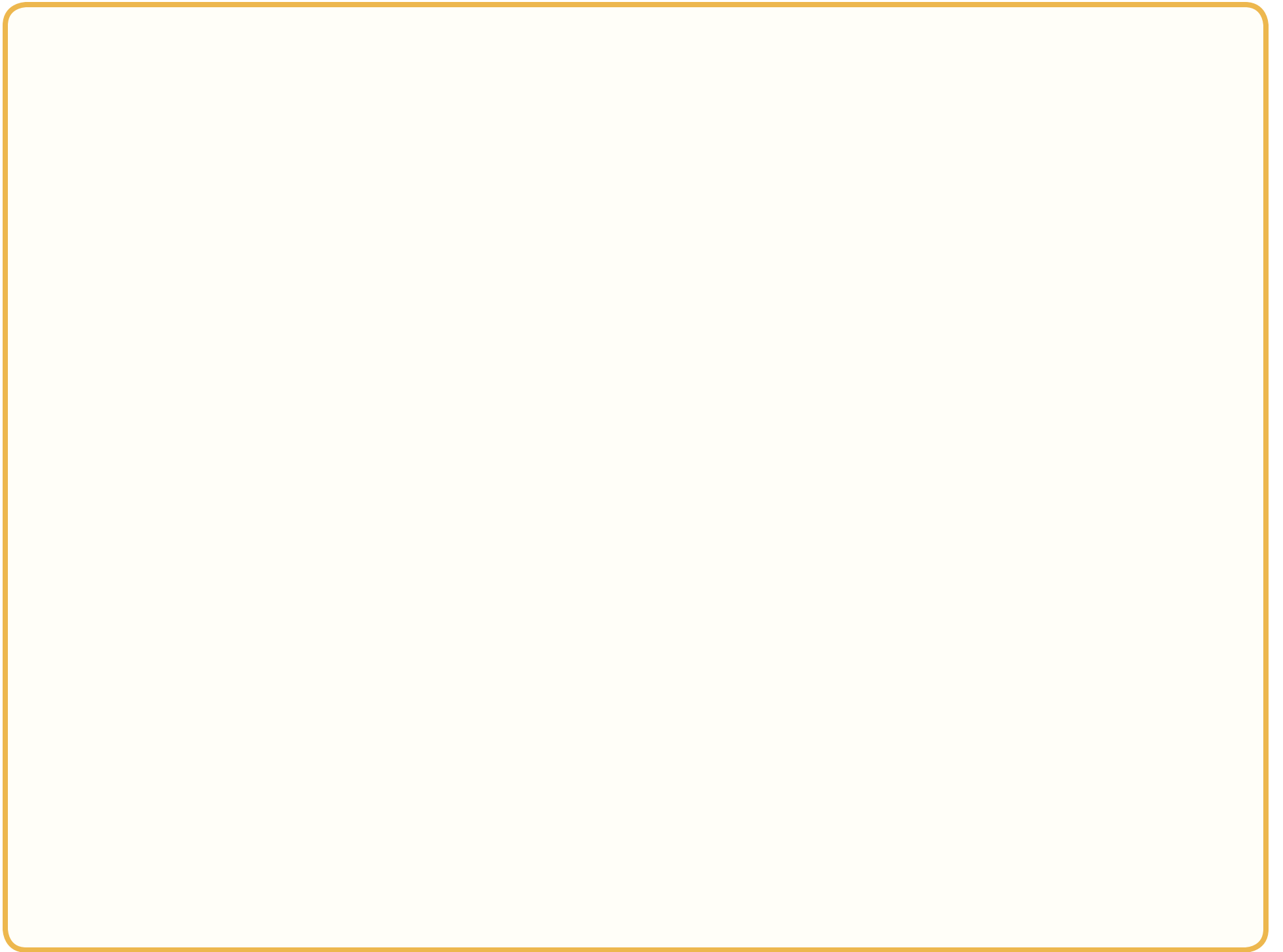
Each **kidney** is about the size of your fist.



The Kidney Twins make **pee**. They put this pee in a big bag called the **bladder**.



UP NEXT: SCHOOL AGE LEVEL



MEET YOUR KIDNEYS!

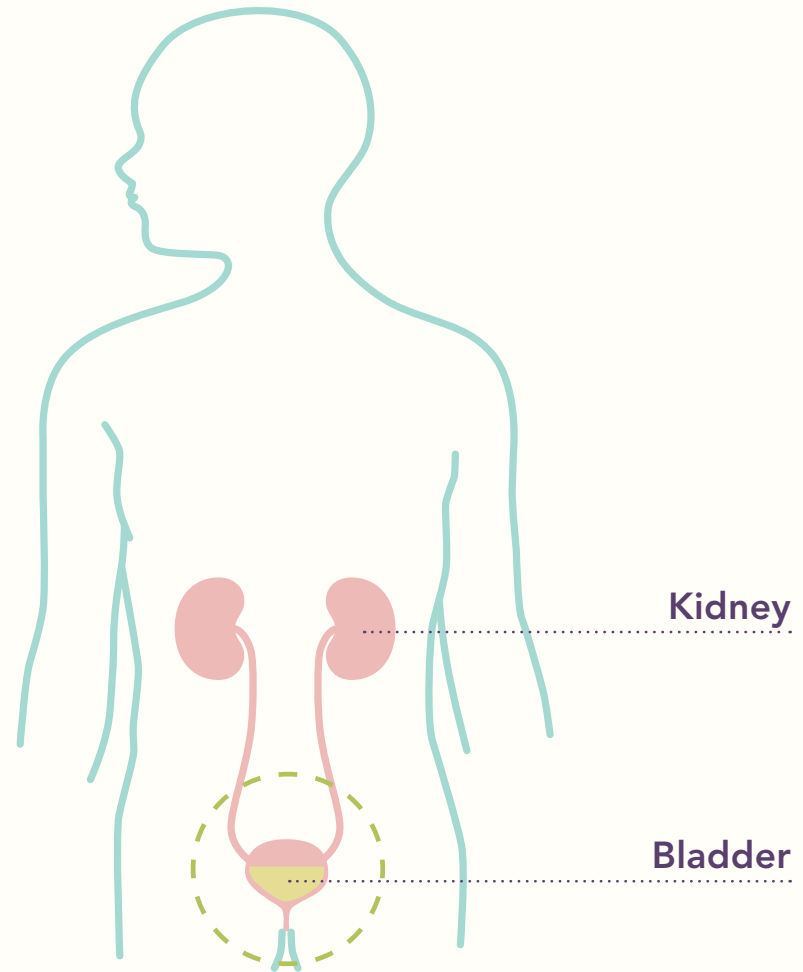
SCHOOL AGE LEVEL

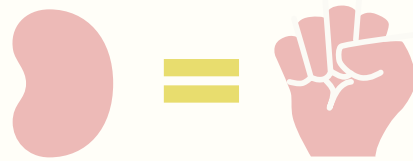


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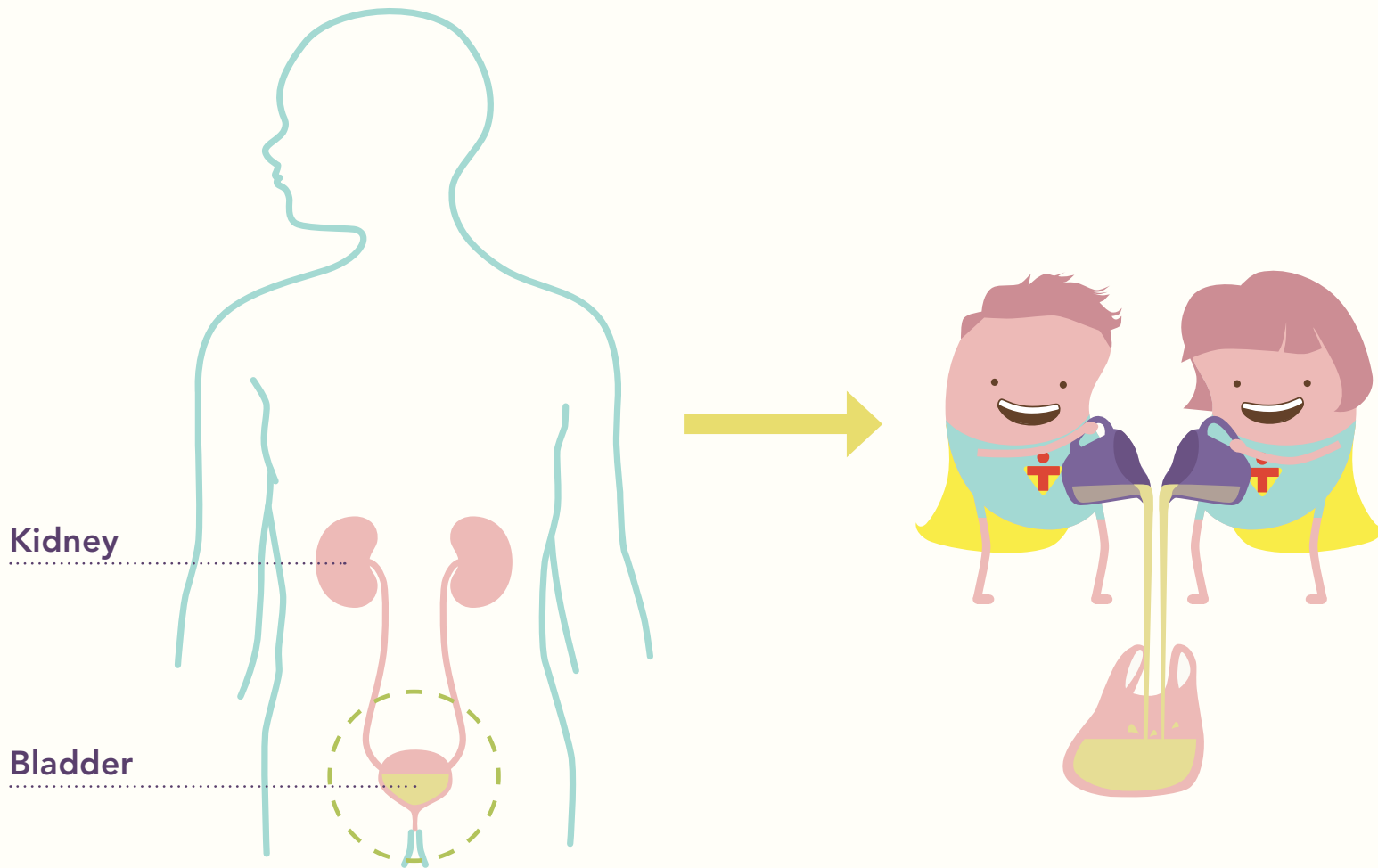
The **Kidney Twins** live inside your body in your back. The Kidney Twins make pee, or **urine**. They put the urine in a big bag called the **bladder**.



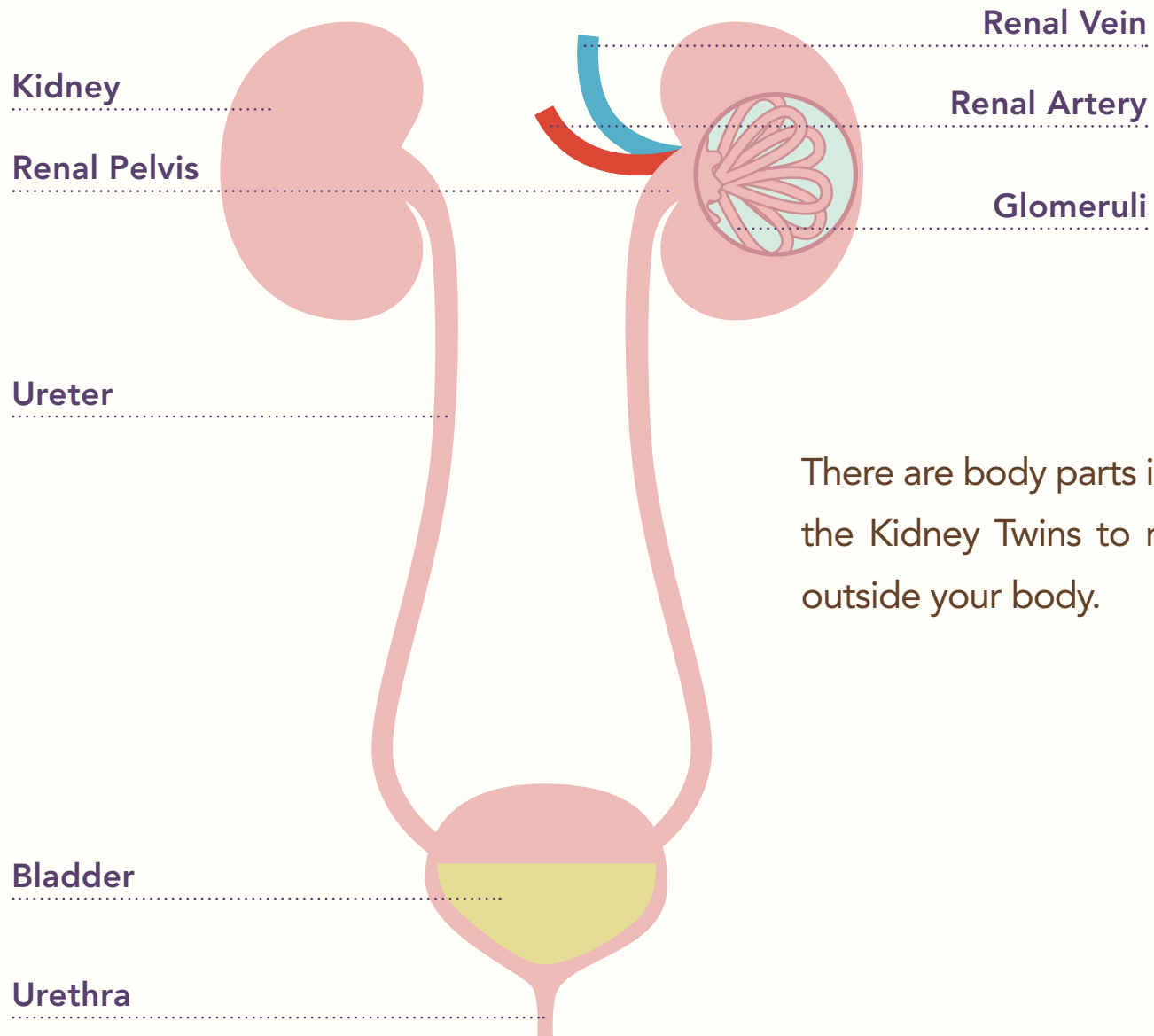


Each kidney is about the size of your fist.



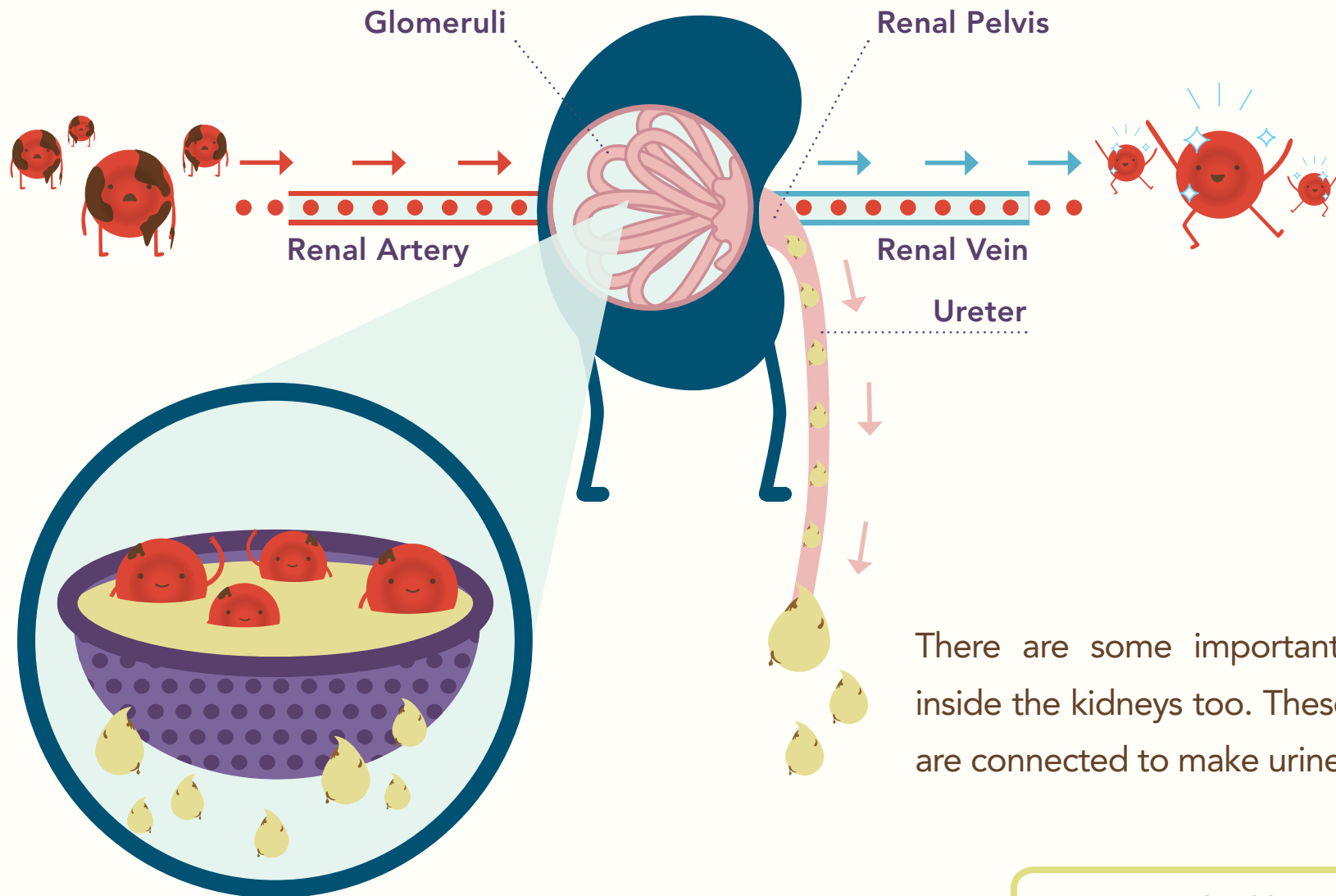


The urine has to get out of your body.
It is important that you empty your bladder - or go pee - when you have to.



There are body parts inside you that work with the Kidney Twins to make urine and move it outside your body.

MEET YOUR KIDNEYS!



There are some important parts inside the kidneys too. These parts are connected to make urine.

UP NEXT: ADOLESCENT LEVEL

MEET YOUR KIDNEYS!

ADOLESCENT LEVEL



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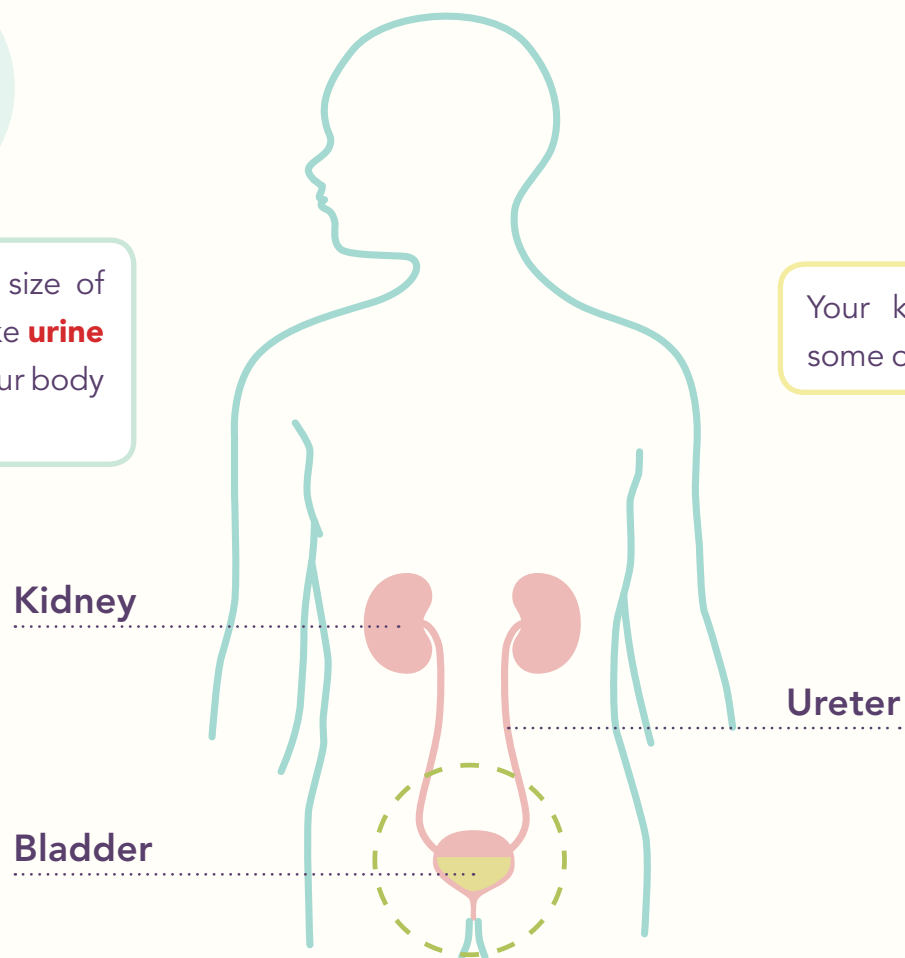
MEET YOUR KIDNEYS!



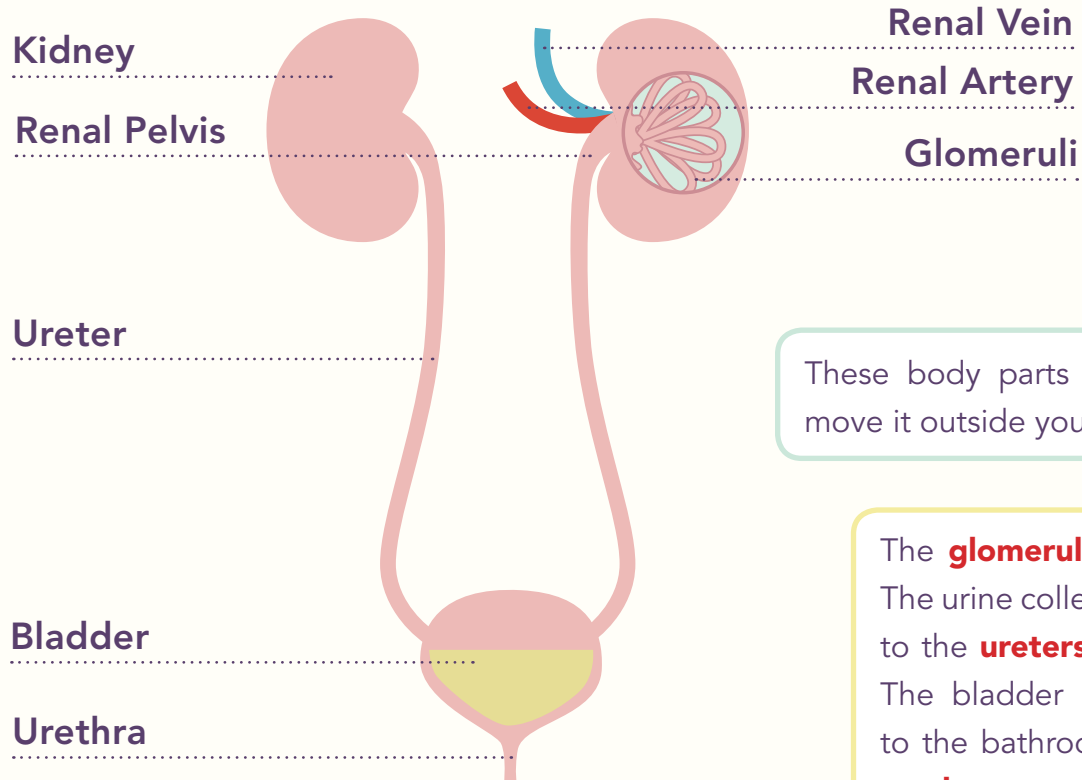
Each kidney is about the size of your fist. Your **kidneys** make **urine** (**pee**) and move it out of your body when you **urinate**.



Your kidneys are connected to some other parts inside your body.

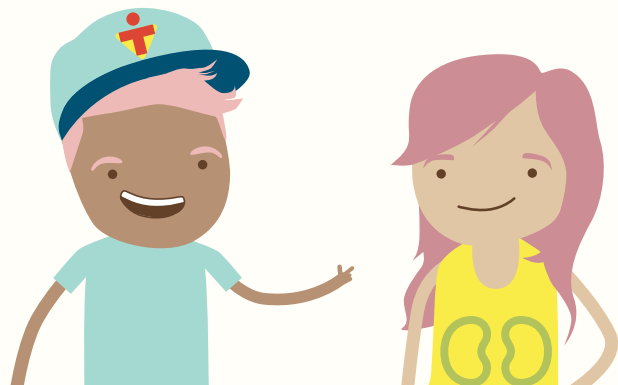


Remember to empty your **bladder** - it is important for your kidney health.

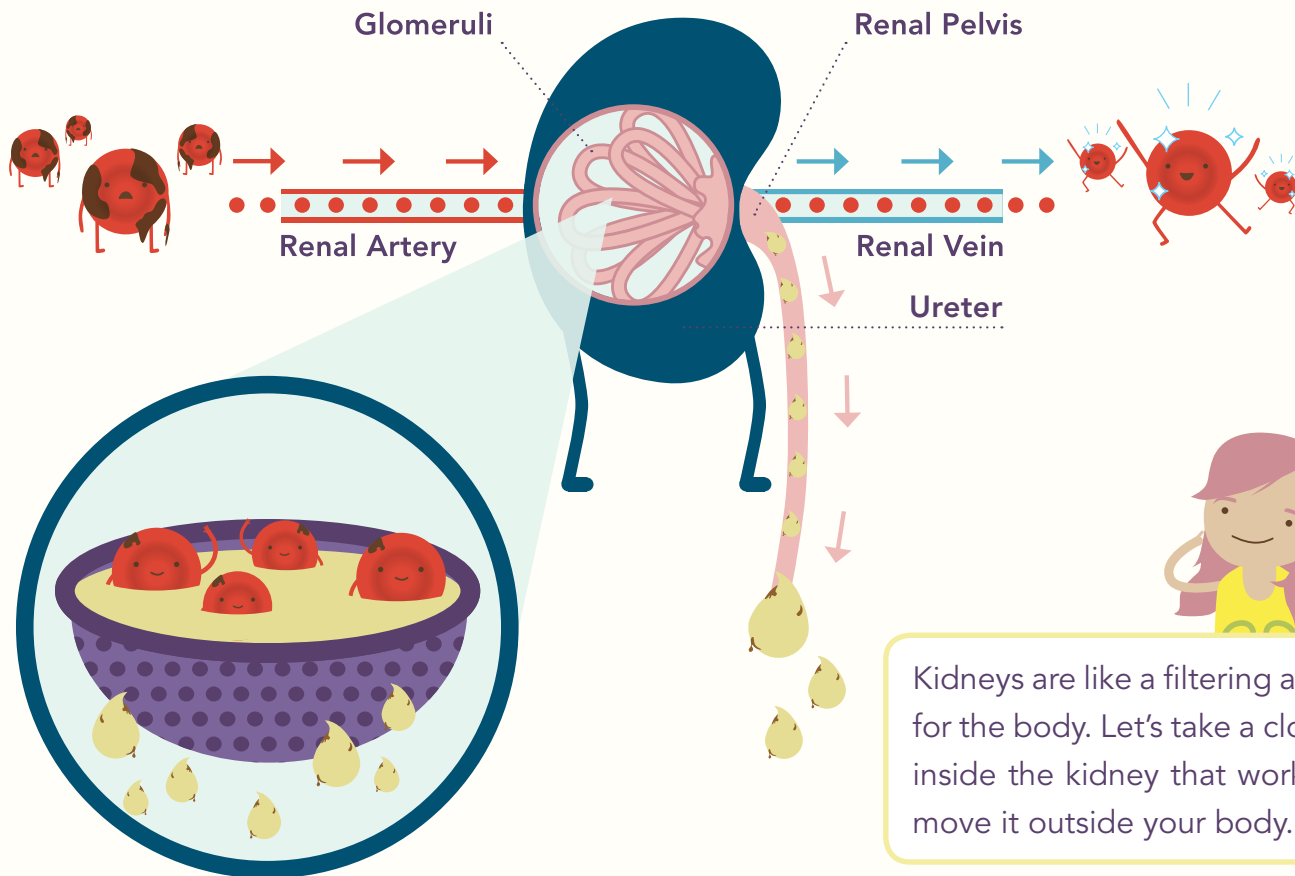


These body parts work to make urine and move it outside your body when you urinate.

The **glomeruli** (filters) help make pee, or urine. The urine collects in the **renal pelvis**. Then it flows to the **ureters**, where it is stored in the bladder. The bladder holds the urine until you can go to the bathroom, then it comes out through the **urethra**.

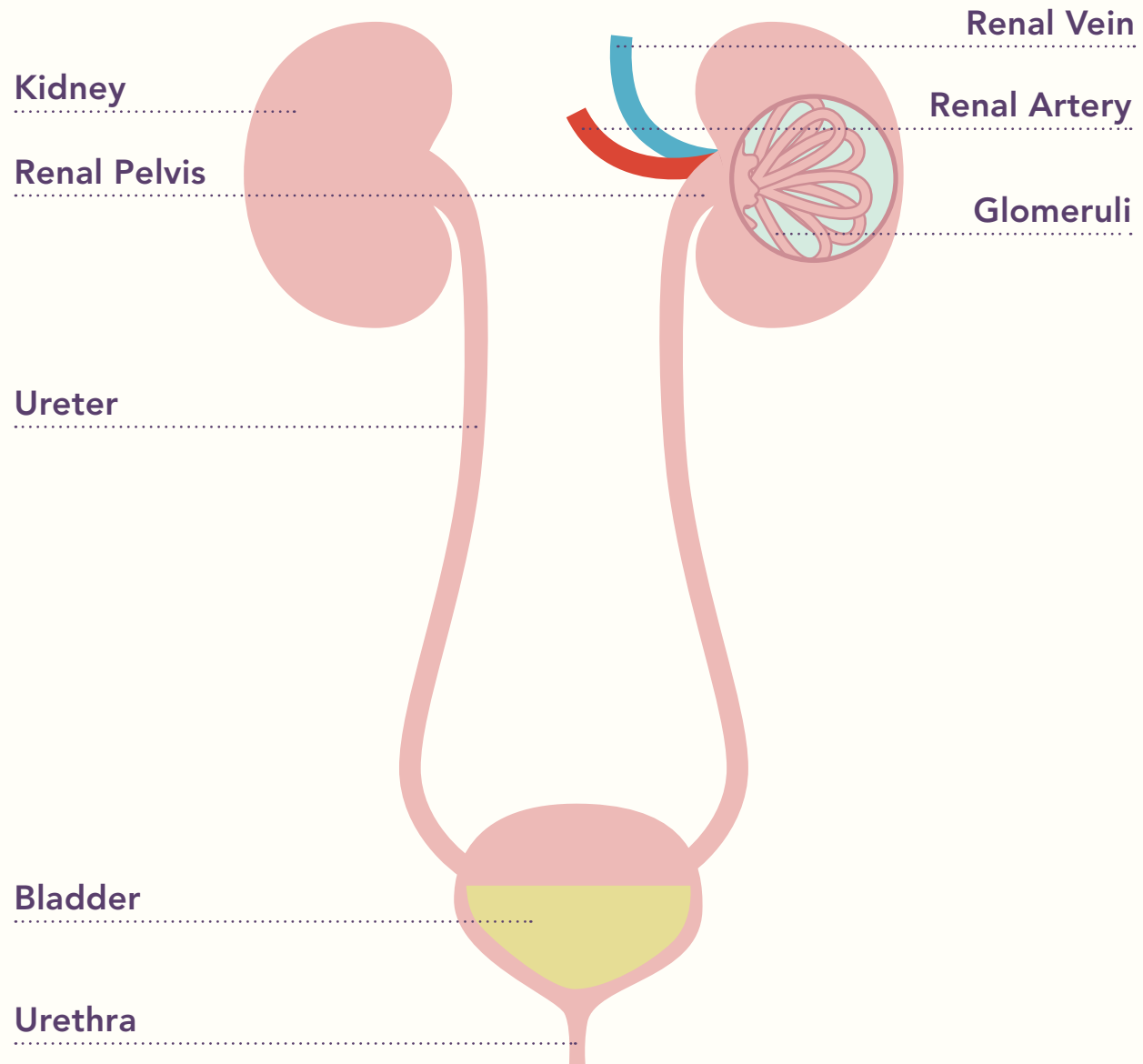


MEET YOUR KIDNEYS!



Kidneys are like a filtering and plumbing system for the body. Let's take a closer look at the parts inside the kidney that work to make urine and move it outside your body.

The kidneys make urine by cleaning **blood**. The blood comes to the kidneys through the **renal artery** and then the kidneys put the clean blood into the **renal vein**.



MEET YOUR KIDNEYS!

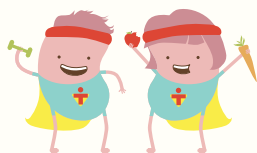
There's so many new words - why do I need to know them?

You're going to hear these words and it will help you understand what your Kidney Health Team is talking about. That way you can learn how to stay healthier!





HEALTHY KIDNEYS



Created by Julie Strong BN, Tom Blydt-Hansen MD, Diane McKenty RN, and Angela Chotka MA with Pediatric Nephrology (Children's Hospital Health Sciences Centre) and Chotka Consulting: Creative Balanced Solutions. With thanks to the Children's Hospital Foundation of Manitoba for their generous support.

For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or jstrong@exchange.hsc.mb.ca or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>