

The Right Words in Under 10 Minutes

Home + classroom safe (ages 5–16)



A simple, story-supported framework that helps parents, carers, and teachers explain organ and tissue health journeys — calmly, gently, and without medical jargon or pressure.



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Parent/Carer Communication Resource (Ages 5–16)

“Most families don’t need more information — they need the right words when a child asks a big question. Donate Buddies makes those conversations feel calm, safe, and possible.”

Ages 5–16

Emotionally safe
language

Under 10 Minutes

To use the framework

4-Step Framework

Safety → Simple words →
Calm answer → Close

Home + Classroom Safe

For parents, carers &
teachers

A calm way to talk about big health journeys (Ages 5–16)

For: Parents, carers, teachers, hospital support teams & community organisations

Solves: “I don’t have the right words to explain this to a child.”

✓ Ages 5–16 ✓ Under 2 minutes to start ✓ 4-step framework. ✓ Home + classroom safe

What this is / what this is not

✓ What this IS

- Simple, calm language for real conversations
- Age-appropriate words a child can understand
- A tool to open the door — not close it

✗ What this is NOT

- Medical advice or clinical information
- A script about surgical procedures
- Pressure to decide, act, sign up, register, or “choose donation”
- Scare-based or graphic explanations
- A replacement for your care team

The “Right Words” Framework (4 steps • under 2 minutes)

Step 1 — Open with a Safety Sentence

Choose what feels natural:

- “You’re safe, and it’s okay to ask big questions about stem cells.”
- “We can talk about this gently — and we can stop anytime you want.”
- “I might not have every answer, but I’ll explain it calmly and simply.”

Step 2 — Name the body part (one sentence only)

Keep it body-positive and calm:

- “Stem cells are special ‘starter’ cells that can help make healthy blood cells.”
- “They can grow into new blood and immune cells when someone’s body needs help.”
- “Sometimes donated stem cells can help someone get stronger after treatment.”

Step 3 — Explain what’s happening (without fear)

Pick one:

- “Sometimes doctors use donated stem cells to help the body make healthy blood again.”
- “Stem cells can be given through a drip (a transplant), and the team watches closely.”
- “Captain Buddy and Stella the Stem Cell explain this in calm, kid words.”

Step 4 — Keep it calm (Short vs Story)

- Short version: “That’s the main thing about stem cells and transplant. You can ask more anytime.”
- Story version: “Captain Buddy can explain stem cell stuff gently — short story or longer story?”
- Buddy version: “Stella the Stem Cell explains stem cell donation in kid words.”

Quick Guide – DO / DON'T

✓ DO

- Start with safety – reassure before you explain
- Use body-positive, simple language
- Let the child lead with questions
- Pause and breathe – your calm is contagious

✗ DON'T

- Use medical jargon or clinical terms
- Make it about urgency, time pressure, or numbers
- Let adult worry lead the conversation
- Promise outcomes you can't guarantee

Ready-to-use scripts (Common hard questions)

“What does stem cell donation mean?”

Ages 5–9:	“It means sharing special helper cells to help someone’s blood get stronger.”
Ages 10–12:	“It means donating stem cells so doctors can help someone who needs them.”
Ages 13–16:	“It’s donating stem cells to help rebuild blood / immune cells, handled with care.”

“What do stem cells do?”

Ages 5–9:	“Stem cells are ‘starter’ cells that can make new healthy blood cells.”
Ages 10–12:	“They can become new blood and immune cells when the body needs help.”
Ages 13–16:	“They replace and grow into healthy blood / immune cells for recovery.”

“How can donated stem cells help someone?”

Ages 5–9:	“They can help a body make strong blood again after it’s been sick.”
Ages 10–12:	“They can help rebuild blood cells after strong medicine or illness.”
Ages 13–16:	“They can restore blood / immune cells after treatment, with close monitoring.”

“Where do donated stem cells come from?”

Ages 5–9:	“They can come from a kind person who chooses to donate to help.”
Ages 10–12:	“They usually come from a living donor who gives stem cells safely.”
Ages 13–16:	“They come from screened donors; teams collect them safely and carefully.”

“Does stem cell donation hurt the donor?”

Ages 5–9:	“No. Doctors keep the donor safe, and grown-ups handle details.”
Ages 10–12:	“Usually no. It’s done carefully, and safety is the top priority.”
Ages 13–16:	“Donors are screened and supported; teams focus on safety throughout.”

“Will I need a stem cell transplant?”

Ages 5–9:	“Maybe, maybe not. Doctors decide what helps you, step by step.”
Ages 10–12:	“We don’t know yet. Your team will explain what support you need.”
Ages 13–16:	“Not decided yet. Your team will review options and guide next steps.”

The One-Minute Close (end well)

Choose one:

- “I’m really proud of you for asking about stem cells. We can talk again anytime.”
- “Right now, you’re cared for and not alone. Let’s do something normal – what next?”
- “If you want, Stella the Stem Cell and Captain Buddy can help us find the right words – no rush.”

For support teams – how organisations can use this

This mini-pack is designed to sit comfortably inside resources already offered by hospital support teams, school counsellors, and community health organisations. It requires no specialist training – simply print or share digitally as a gentle starting point for families, siblings, and classrooms navigating stem cell donation and transplant conversations. The language is written to complement, not replace, professional guidance.

Disclaimer: Educational resource only – not medical advice. Always follow the guidance of your treating care team.