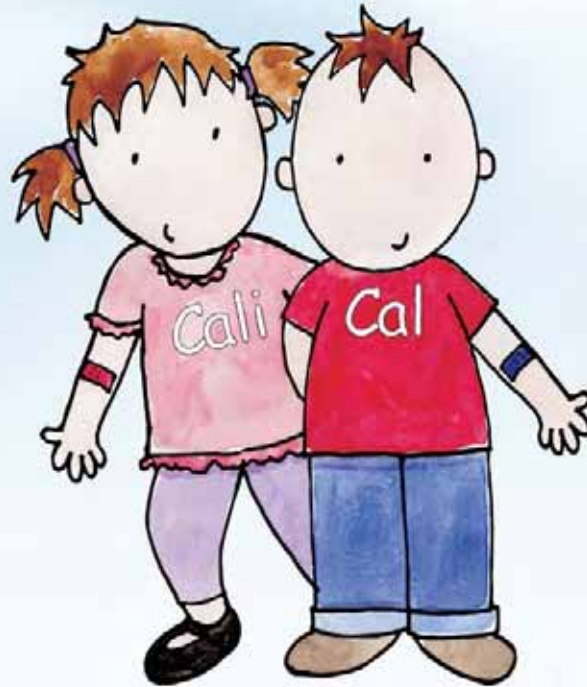


Cal & Cali CALIPER



Jennifer Clarke • Jennifer Nicholson

This book belongs to:



All rights reserved. No part of this book may be reproduced in any form without written permission of the copyright owners.

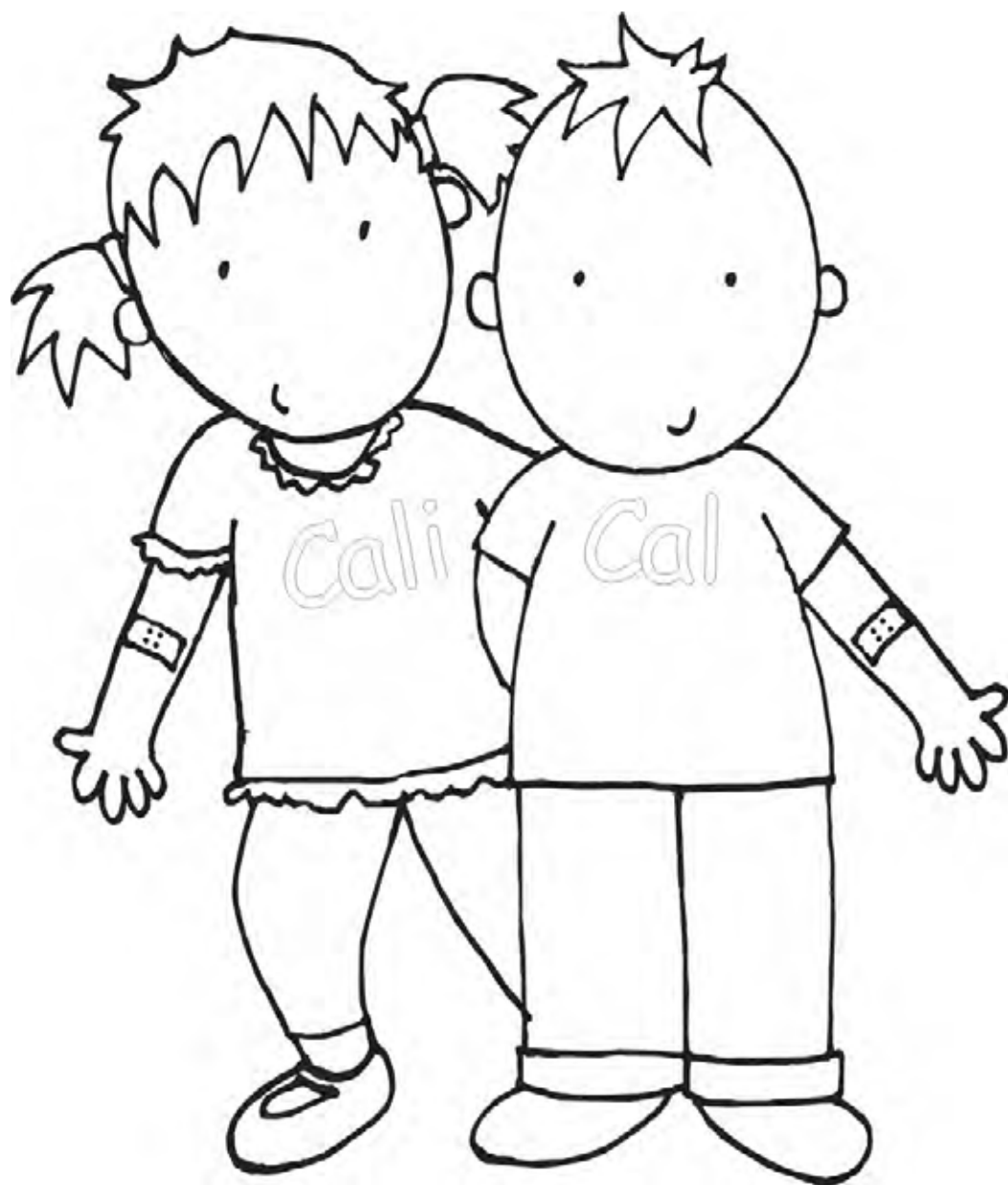
© 2008 The Hospital for Sick Children

Written by Jennifer Clarke

Illustrated by Jennifer Nicholson

Designed by SickKids Graphic Centre

Special thanks to Evelyne Jhung and Craig Mosdell



My name is

I heard about CALIPER at on
Place Date

I donated blood at on
Place Date

My thank you gift was a

I know other people who also donated blood. Their names are,

.....,

I will tell how they can help sick children all over the world.

I feel about helping sick children all over the world.

This is a story about Cal and Cali Caliper.
Cal and Cali are twin brother and sister.
They are six years old and in Grade 1.



Cal and Cali live with their mom, dad, big brother and baby sister.



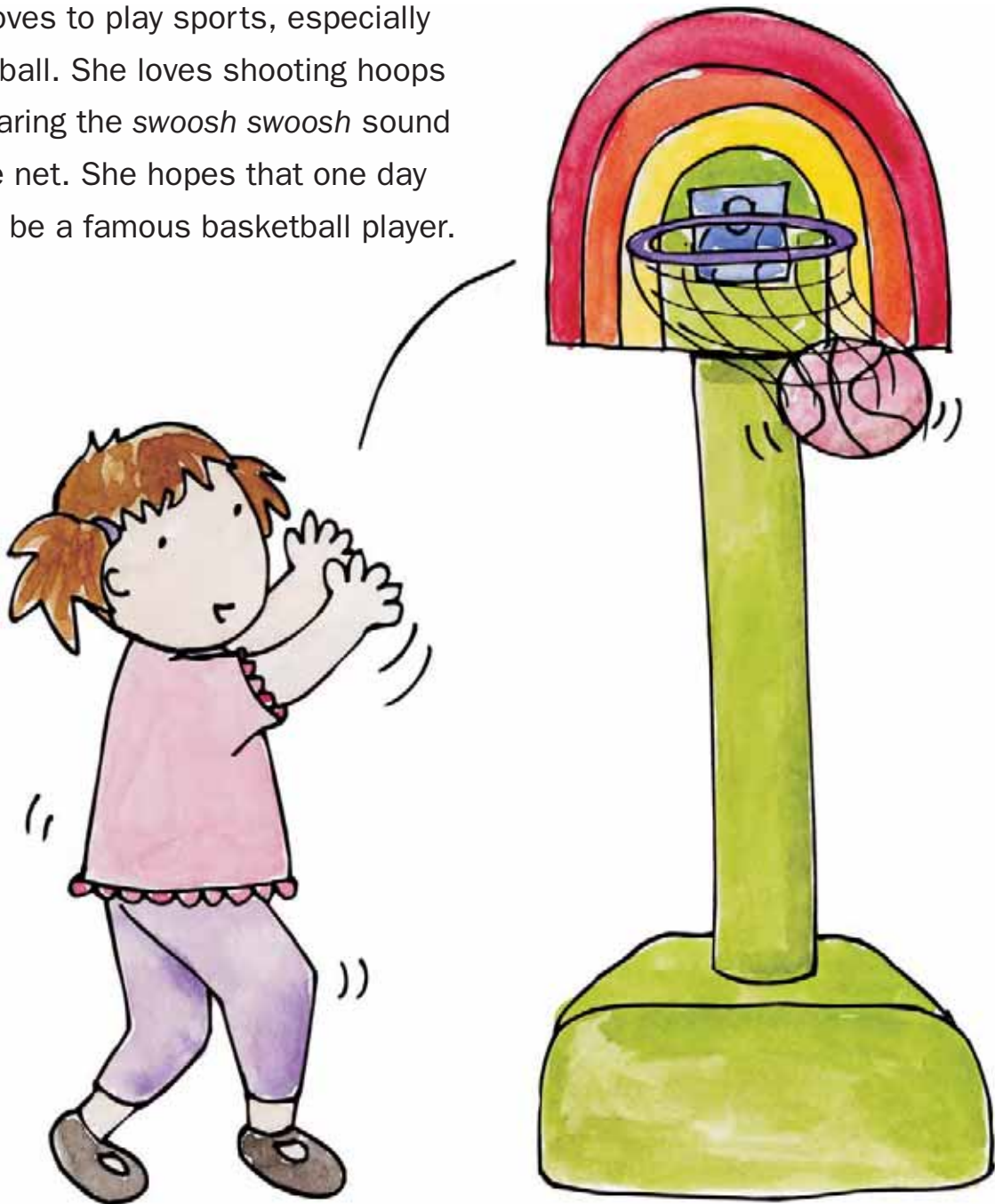
Cal loves cars, especially sports cars. He loves watching car races and listening to the *vroom vroom* sound of the engines. He hopes that one day he will drive a red sports car.



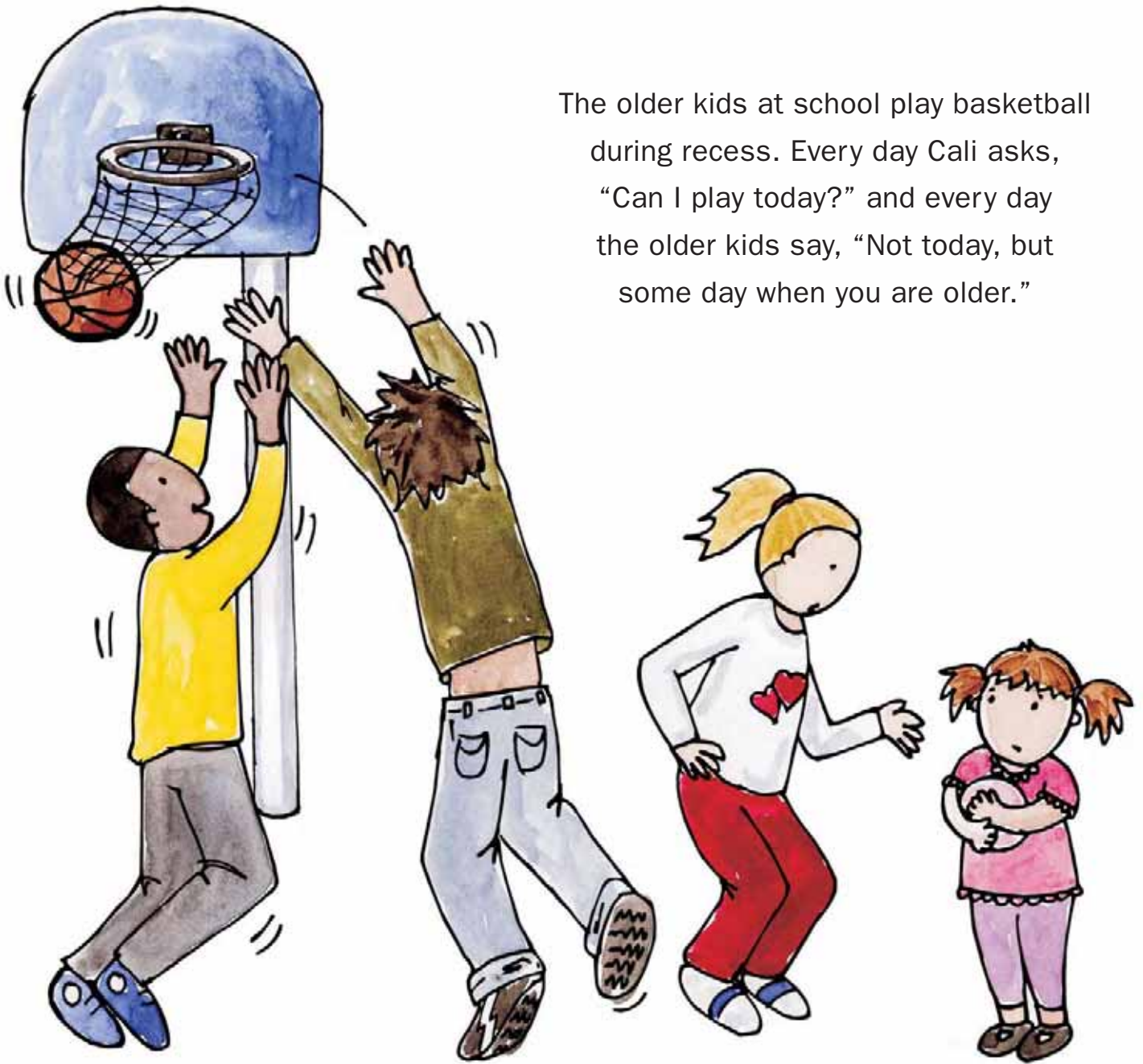
Cal and Cali's mom and dad drive them to school.
Every day Cal asks, "Can I drive today?" and every day their
parents say, "Not today, but some day when you are older."



Cali loves to play sports, especially basketball. She loves shooting hoops and hearing the *swoosh swoosh* sound of the net. She hopes that one day she will be a famous basketball player.



The older kids at school play basketball during recess. Every day Cali asks, "Can I play today?" and every day the older kids say, "Not today, but some day when you are older."



Cal and Cali love music, especially rock 'n' roll.
Cal loves the *boom boom ticatish kishh* sound of the drums and
Cali loves the *dedelee dedeleer* sound of the electric guitar.
They hope that one day they will be famous rock stars.



Cal and Cali's big brother plays
in a band with his friends.



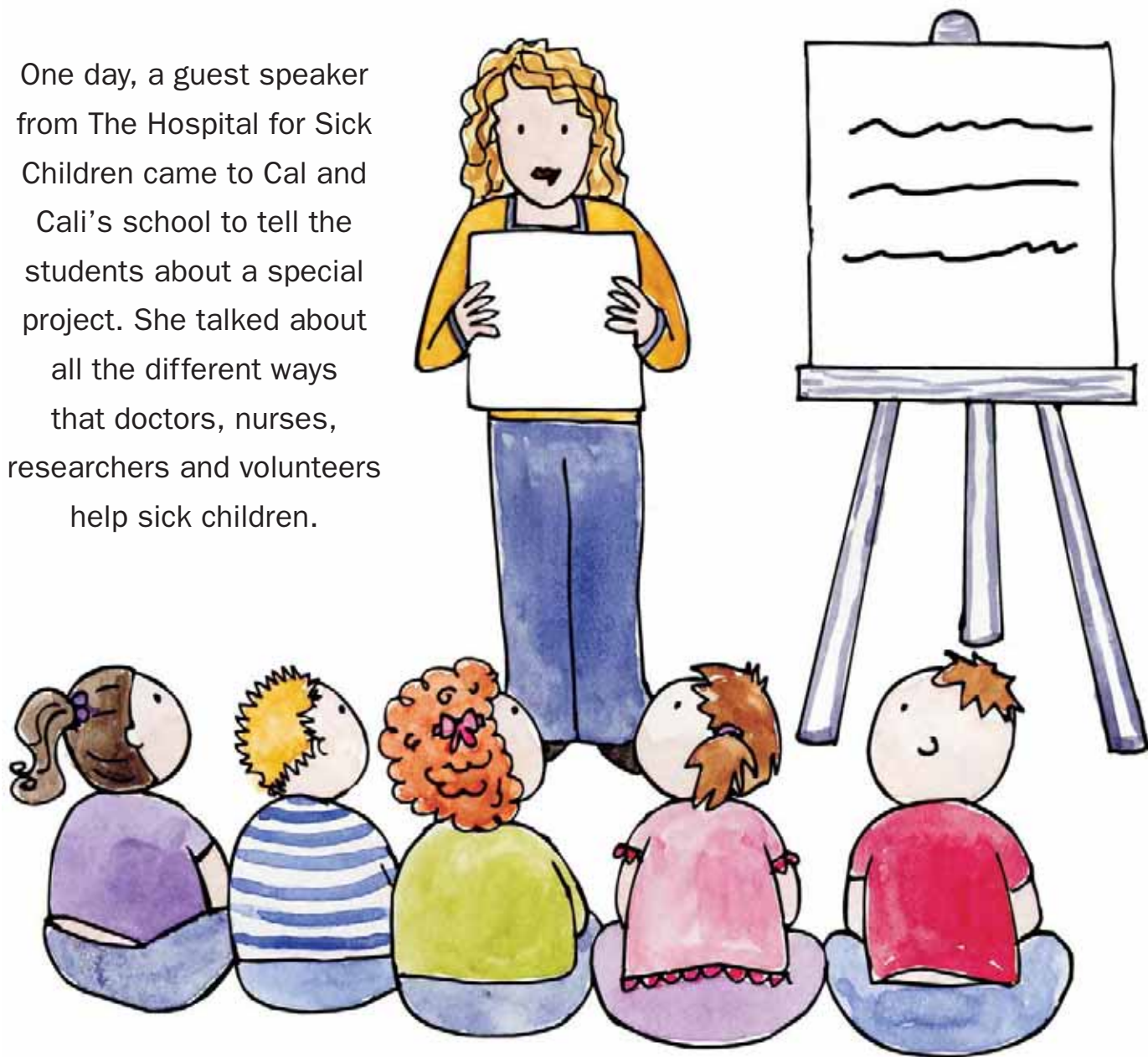
Every day they ask,
“Can we play today?” and
every day their big brother
says, “Not today, but some
day when you are older.”

Cal often wonders, “When will I be old enough to drive?”

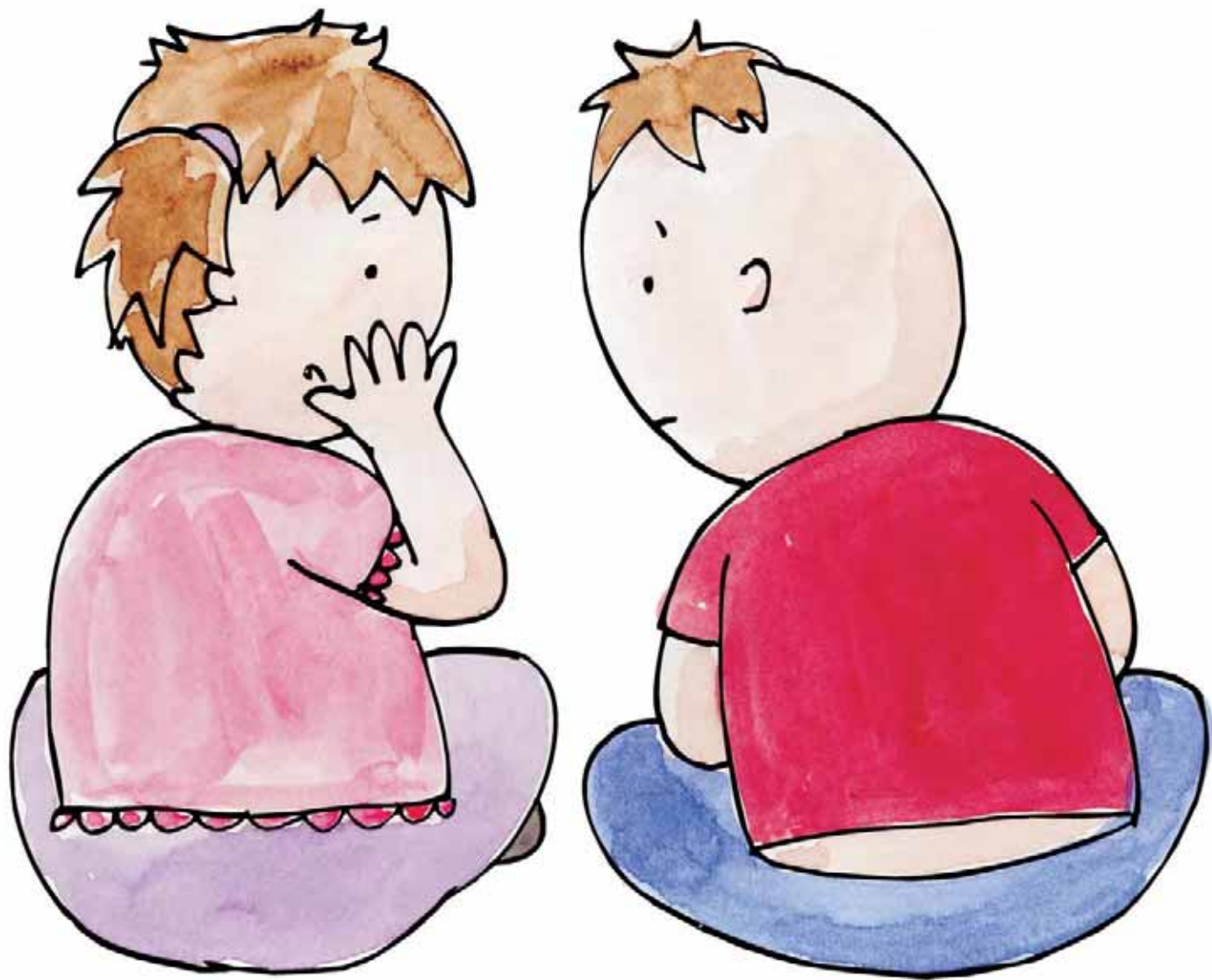
Cali often wonders, “When will I be old enough to play basketball with the older kids?” And they both wonder, “When will we be old enough to play in our big brother’s band?”



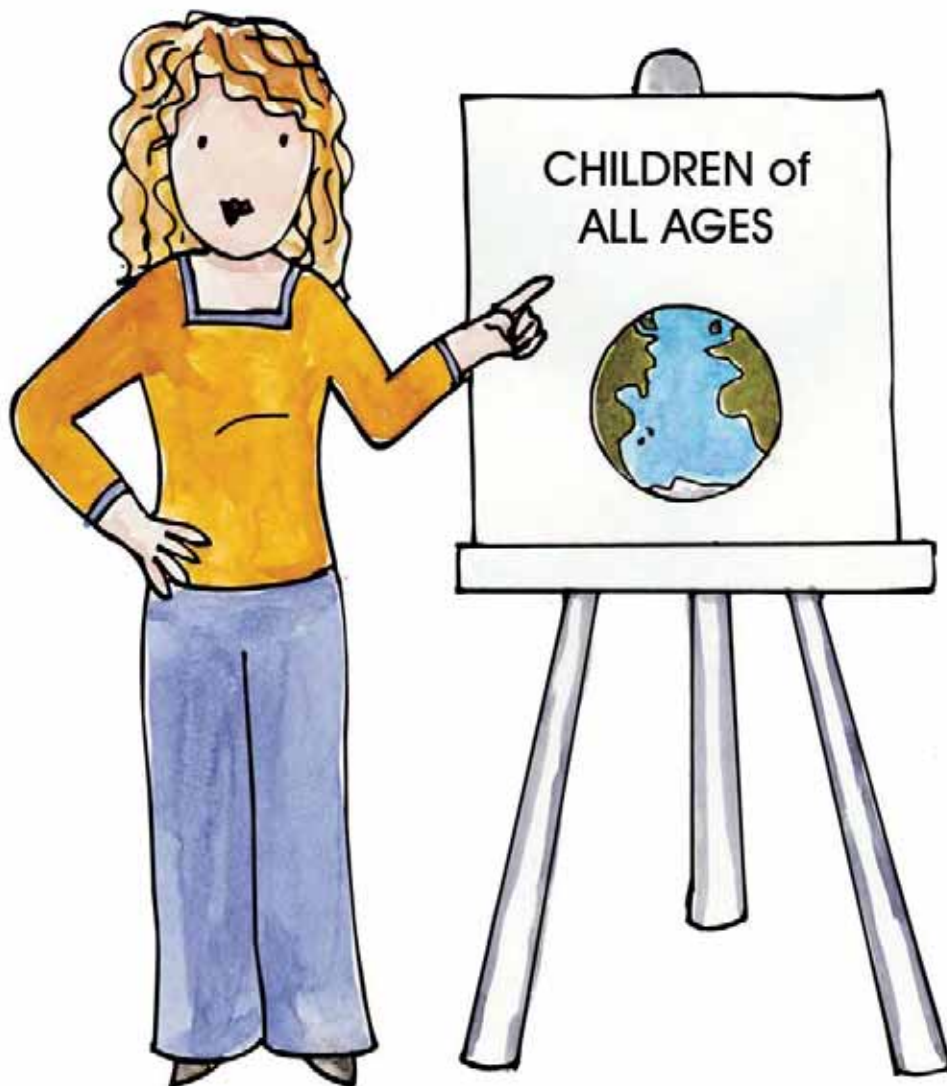
One day, a guest speaker from The Hospital for Sick Children came to Cal and Cali's school to tell the students about a special project. She talked about all the different ways that doctors, nurses, researchers and volunteers help sick children.



Cal and Cali whispered to each other,
“Oh great, something else that we are too young to do.”



Then the guest speaker said that she was looking for children of ALL AGES to donate a small blood sample. She explained how donating blood just once would help children not only at the hospital, but also all over the world.



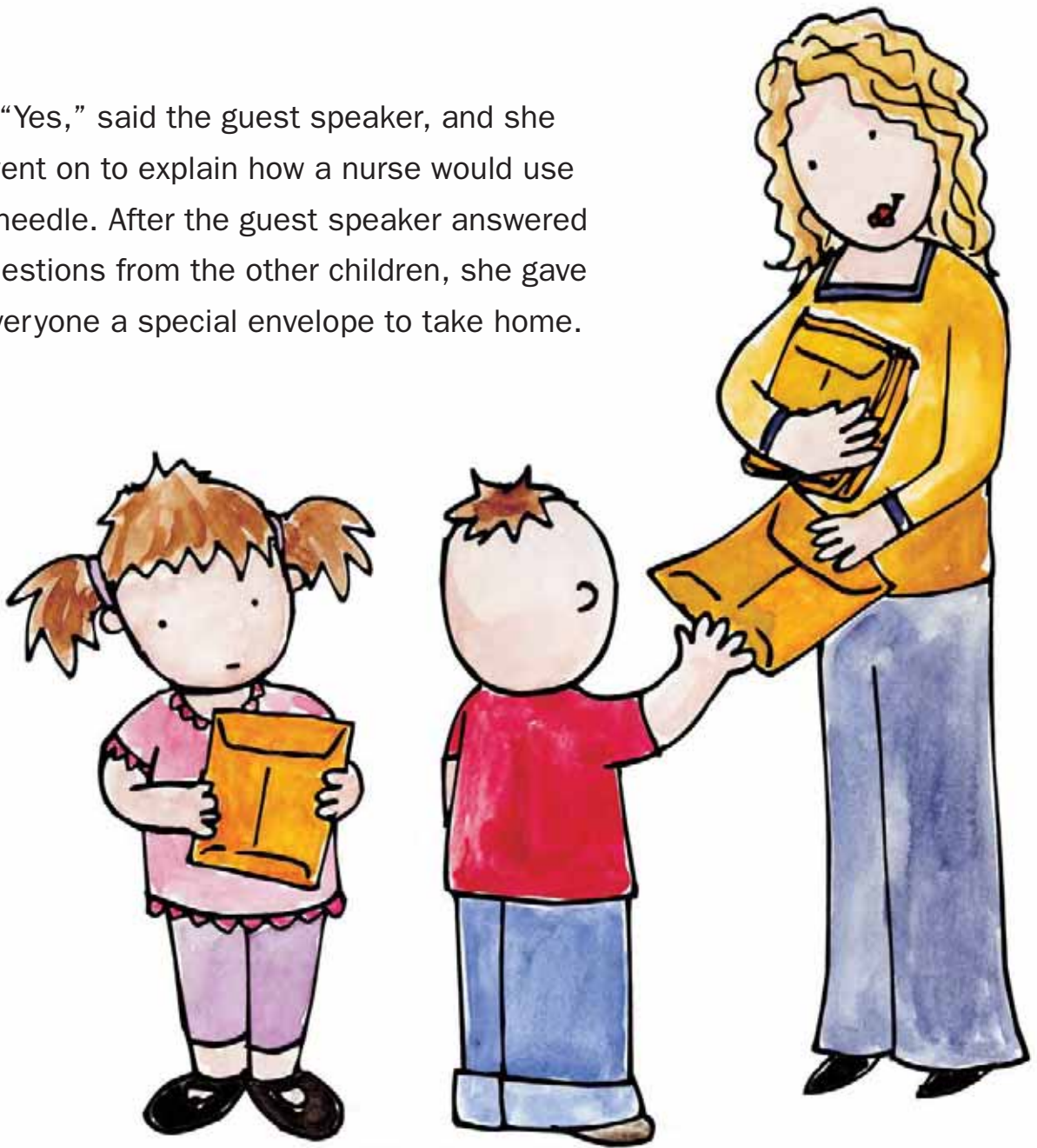
Cal and Cali couldn't believe their ears! Children of ALL AGES!
They were actually old enough to help! But wait...



“Uh oh... donate blood? Will we have to get a needle?” they asked.



“Yes,” said the guest speaker, and she went on to explain how a nurse would use a needle. After the guest speaker answered questions from the other children, she gave everyone a special envelope to take home.



“Oh great,” said Cal. “Just when we find something that we’re old enough to do, we find out that we’ll have to get stuck with a needle. “But,” said Cali, “we’ve had needles before and they weren’t too bad. It was just a little pinch and then it was all over. Plus, we’ll be helping sick children all over the world.”



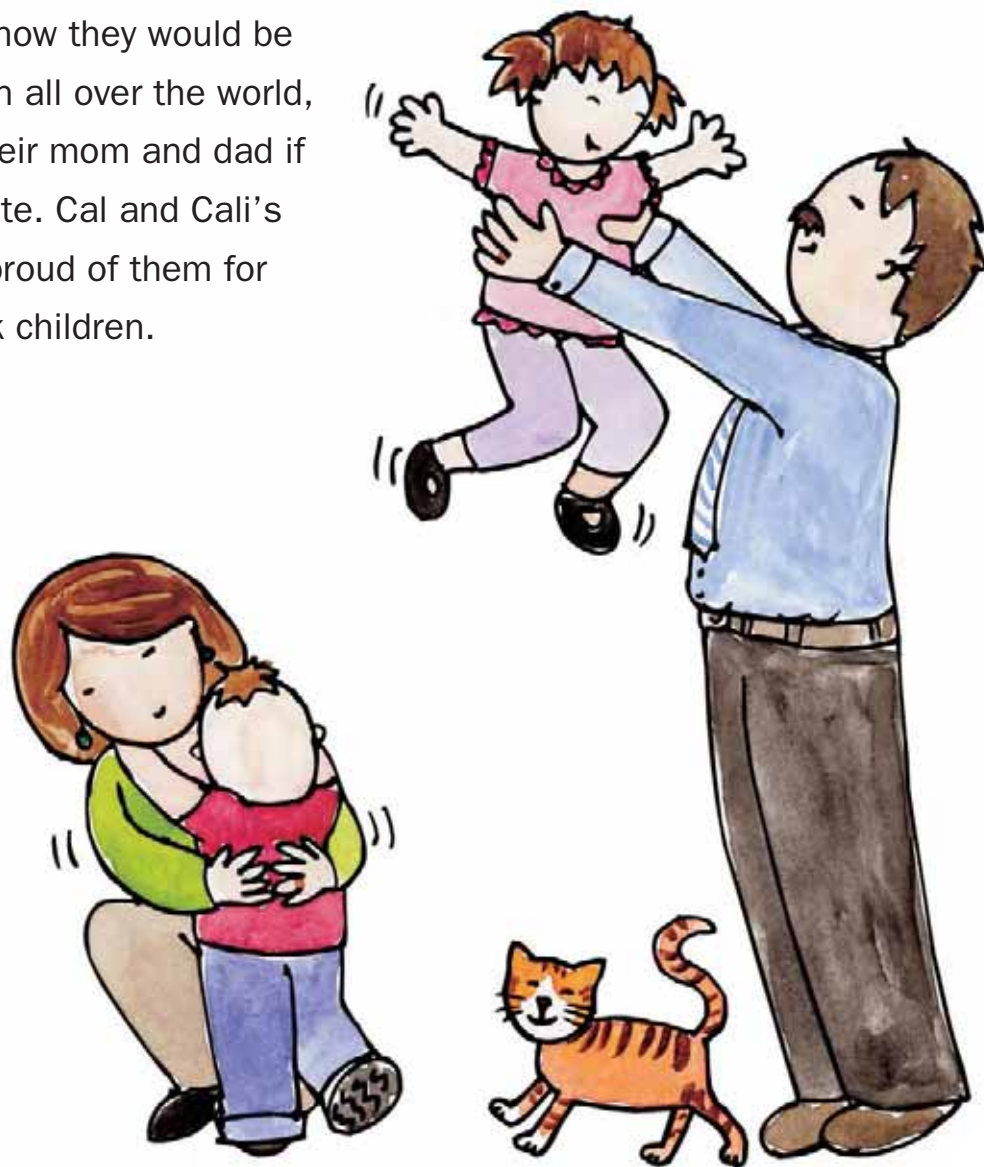
After school that day, Cali did not ask the older kids if she could play basketball. Cal did not ask their mom and dad if he could drive the car. And neither of them asked their big brother if they could play in his band. Instead, Cal and Cali thought about the special hospital project. They wanted to help, but they were also a little scared.



After dinner that evening, Cal and Cali sat down with their mom and dad to do their homework. Their mom asked, “Did anything interesting happen at school today?” Cal and Cali nodded and slowly took the special envelopes out of their book bags.



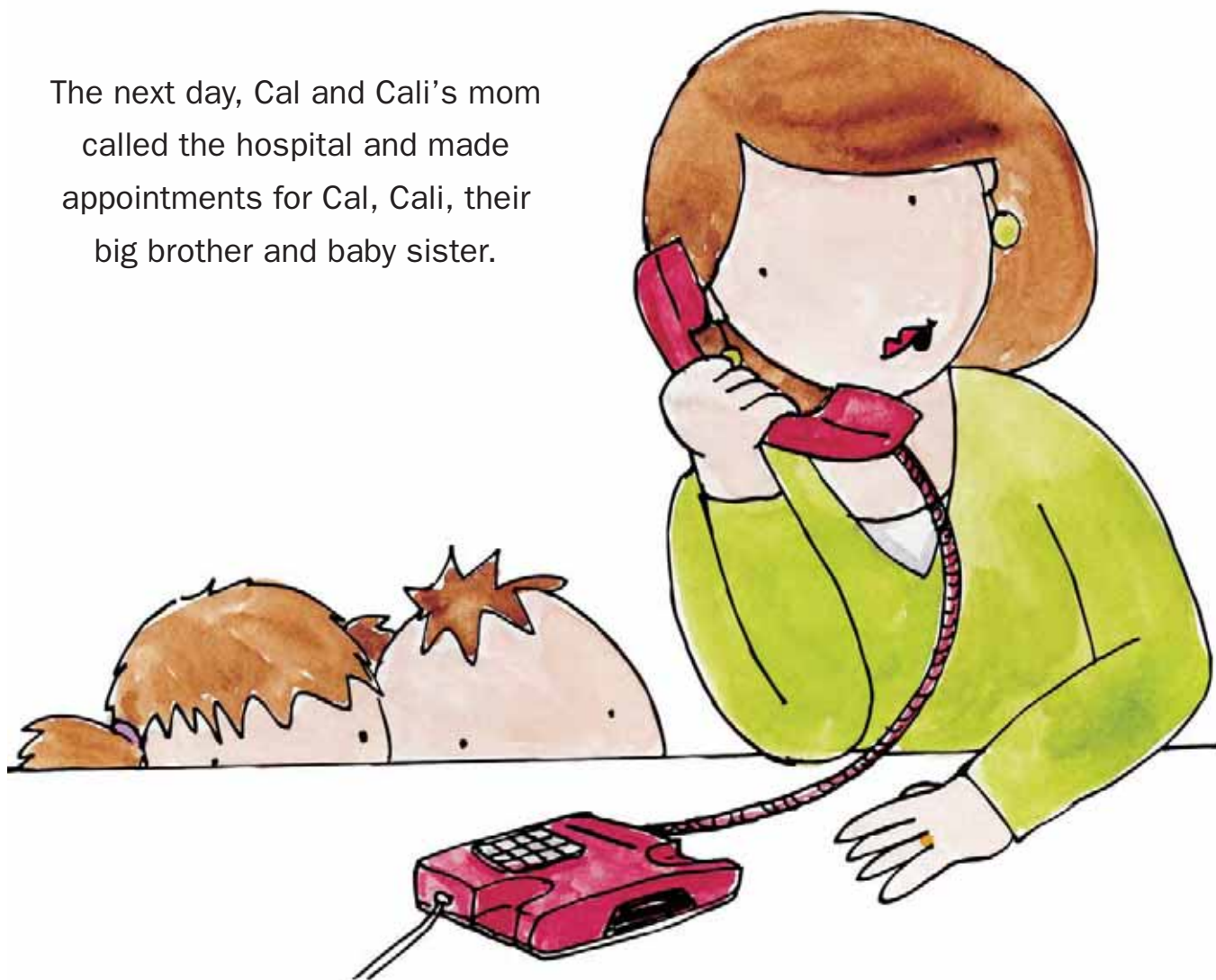
Cal and Cali explained the special hospital project to their mom and dad. The more they talked about the project, the less scared they felt about donating blood. In fact, by the time they finished explaining how they would be helping sick children all over the world, they were asking their mom and dad if they could participate. Cal and Cali's parents were very proud of them for wanting to help sick children.



The Caliper family then talked a little more about the special hospital project. They all agreed that it was a very important project. Cal and Cali's big brother decided that he wanted to participate and their parents decided that their baby sister should participate too.



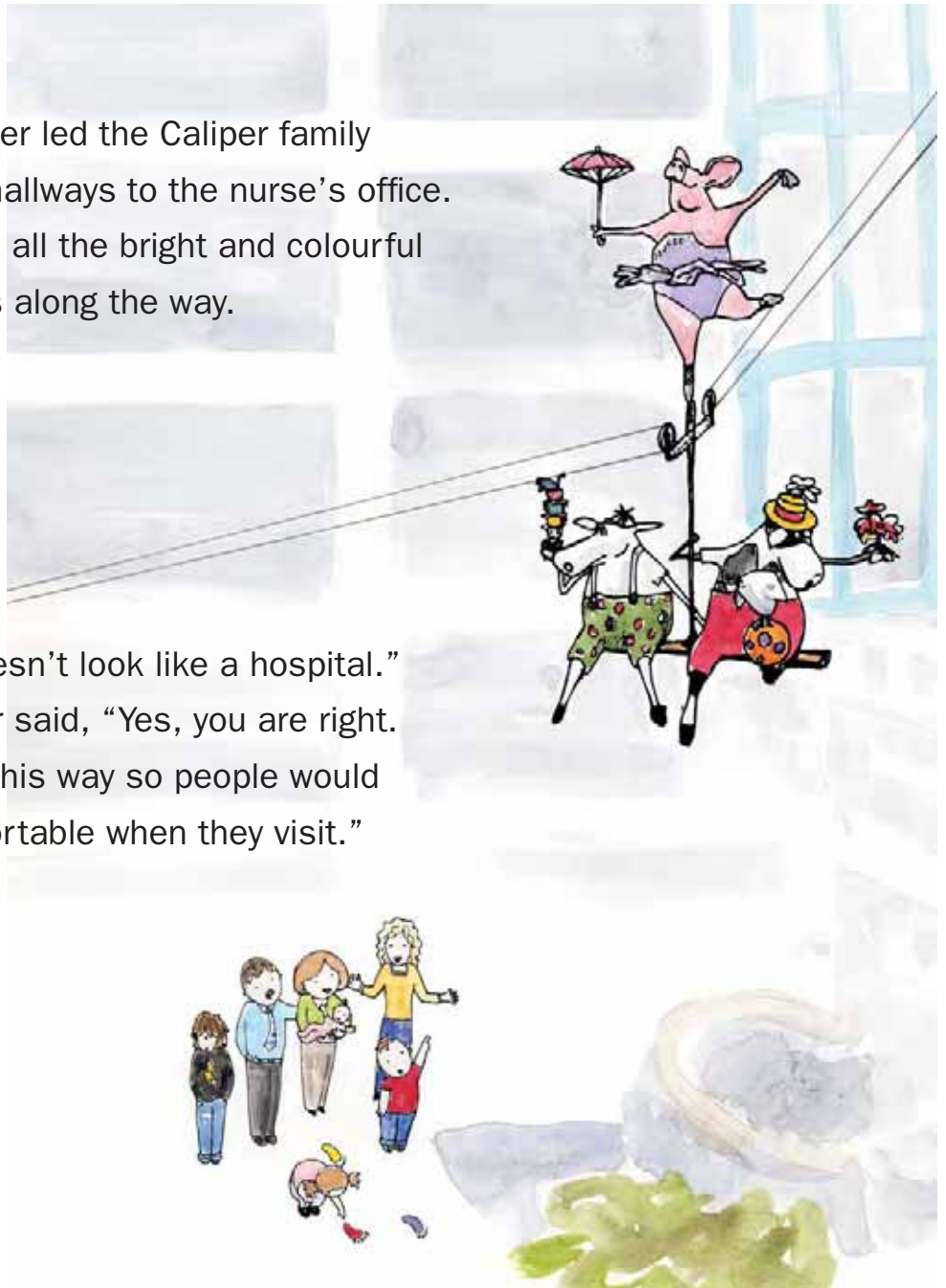
The next day, Cal and Cali's mom called the hospital and made appointments for Cal, Cali, their big brother and baby sister.



When the Caliper family arrived at the hospital they were greeted by the guest speaker. She recognized Cal and Cali and told them how impressed she was that they had brought along their big brother and baby sister. Cal and Cali felt very proud of themselves and decided to be the first ones to donate blood!



The guest speaker led the Caliper family through the hospital hallways to the nurse's office. Cal and Cali noticed all the bright and colourful displays along the way.



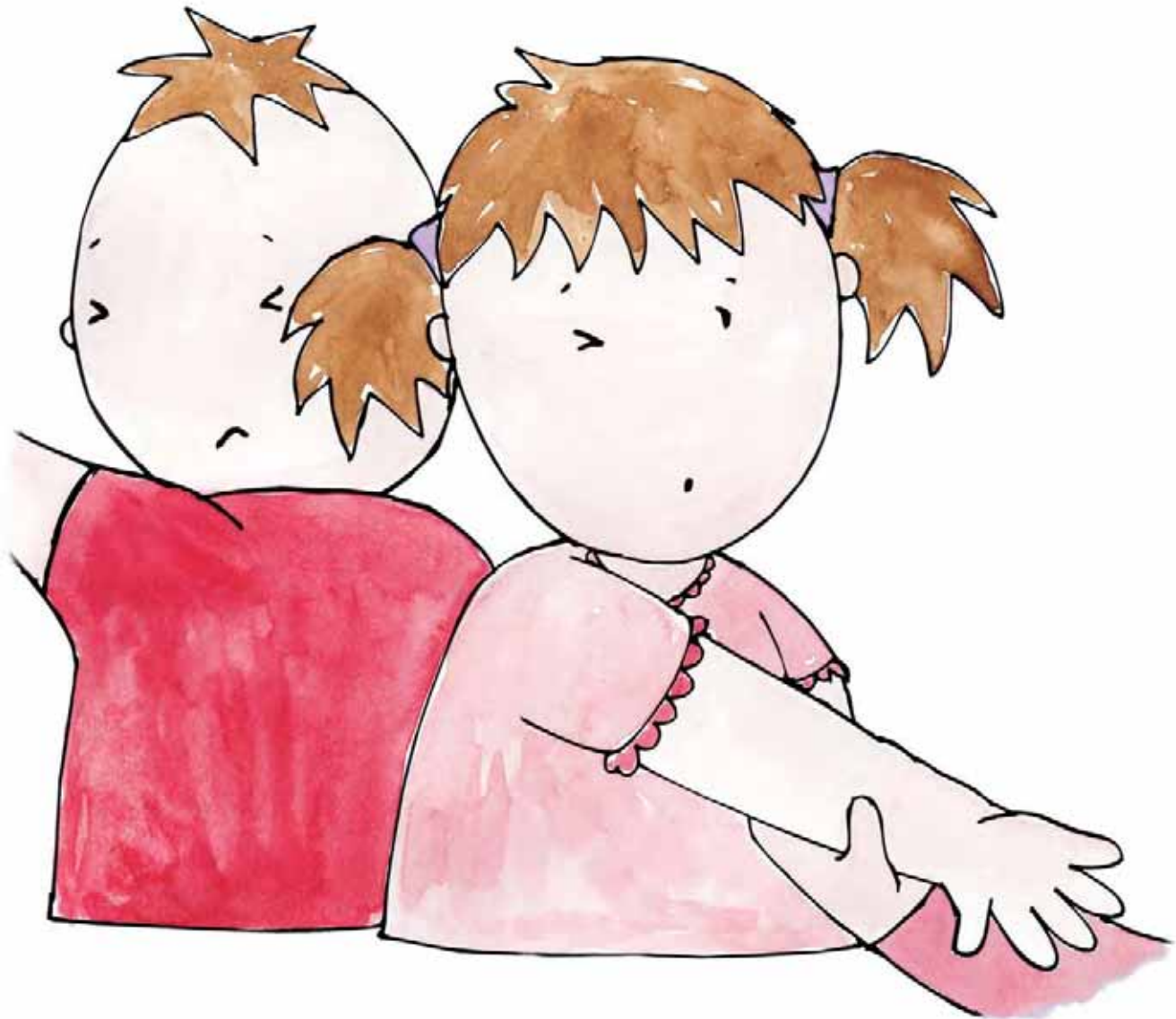
When they arrived at the nurse's office, two friendly nurses greeted them with big smiles. Cal and Cali followed the nurses into another room. One nurse said, "This will feel like a little pinch." Then the other nurse said, "So try to relax and think happy thoughts."



Cal closed his eyes and thought about driving a shiny, red sports car and playing the drums in a rock band. Cali closed her eyes and thought about slam dunking a basketball and playing the guitar in a rock band.



Cal kept his eyes closed tight. Cali kept one eye opened.
Just like the needles they had before, Cal and Cali felt a little pinch.



When it was all over, Cal and Cali said, “That didn’t hurt very much at all!”



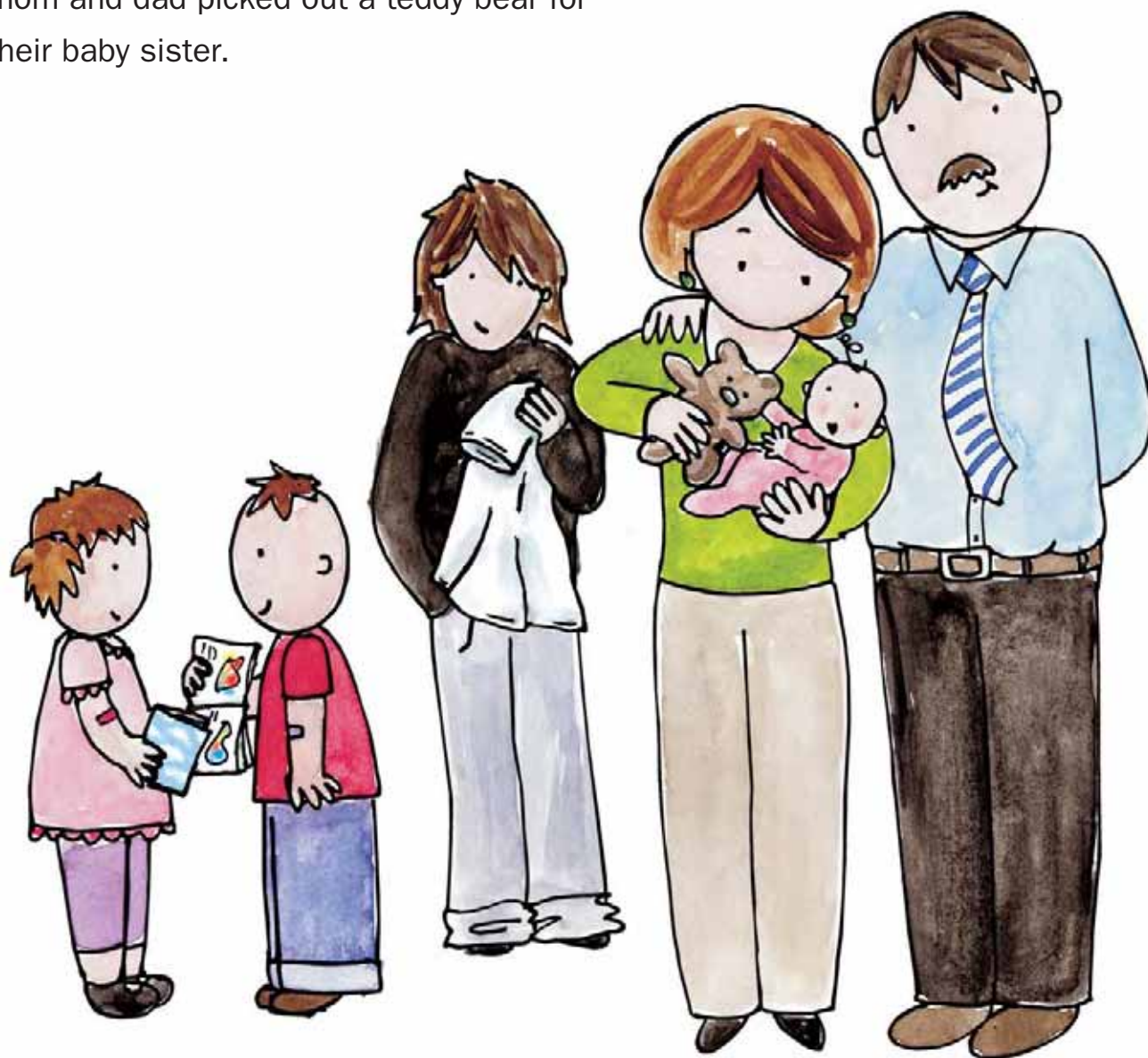
The nurses were very impressed with how brave
Cal and Cali were and thanked them for
donating blood to help sick children.



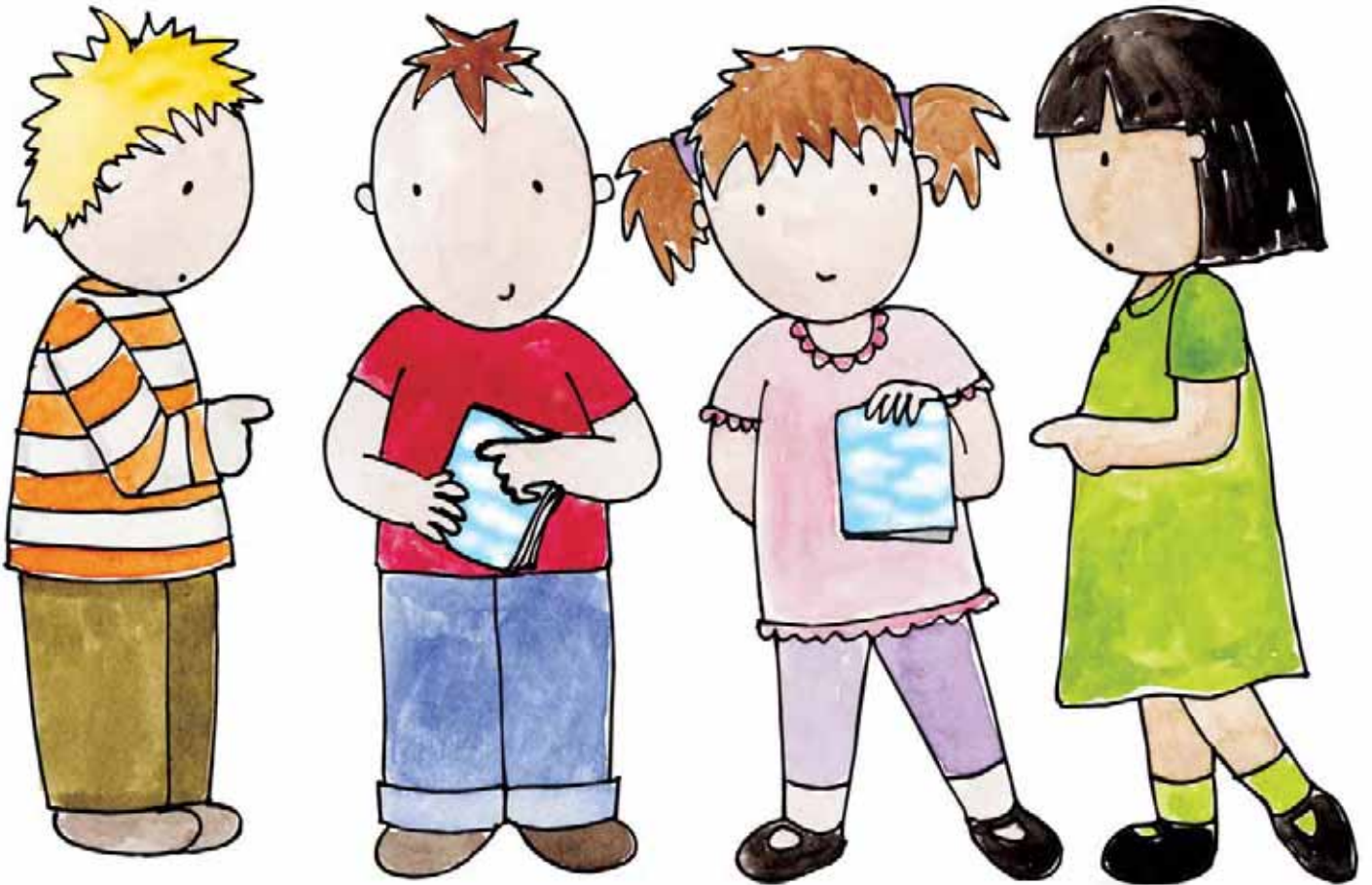
After Cal and Cali's big brother and baby sister donated blood, the guest speaker thanked the Caliper family for helping with the special hospital project and gave each of them a thank you gift.



Cal and Cali each picked out a storybook.
Their big brother chose a t-shirt and their
mom and dad picked out a teddy bear for
their baby sister.

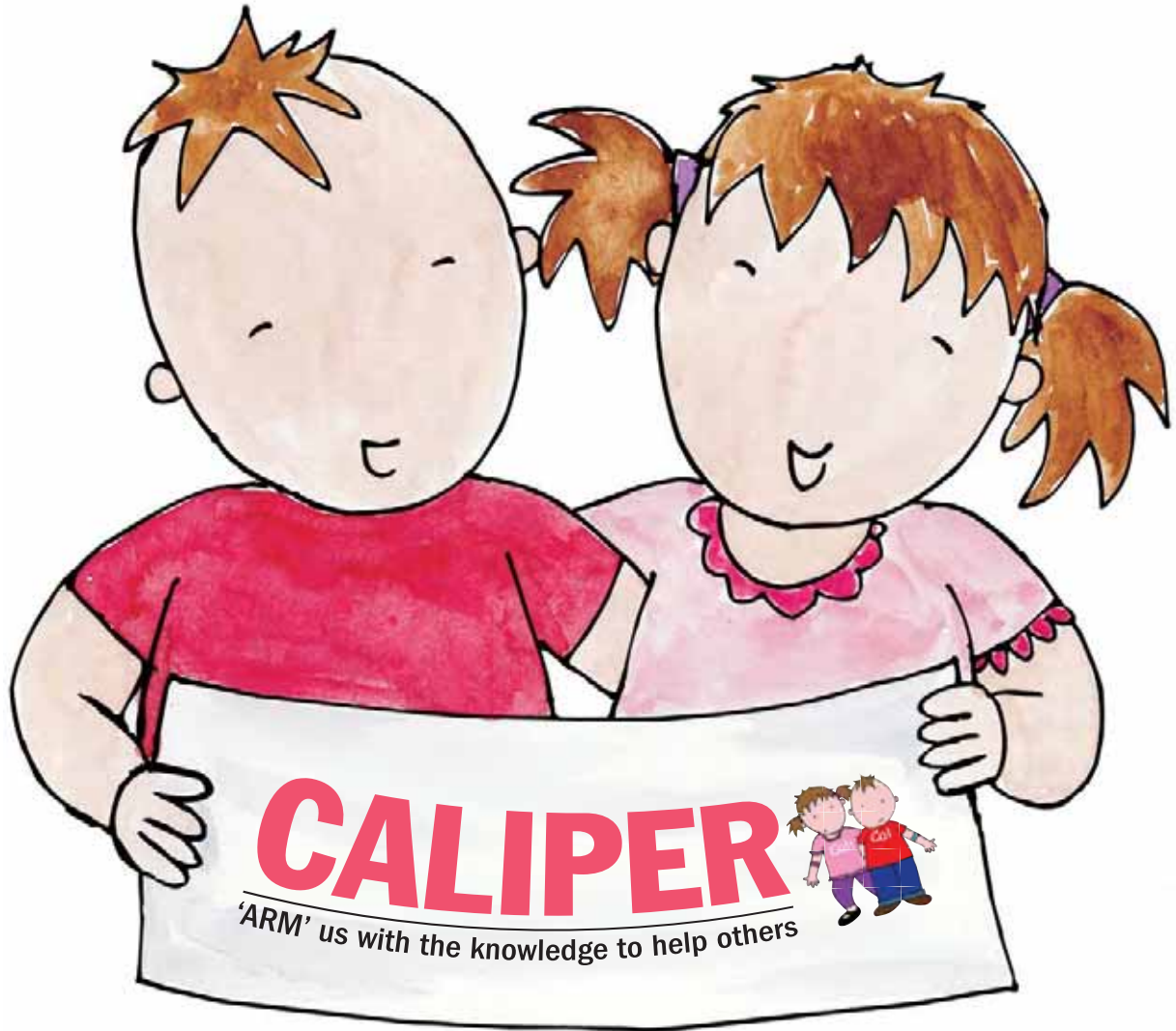


The next day, all the kids at school asked Cal and Cali about their special storybooks.



Cal and Cali explained how they participated in the special hospital project.

By the time they finished telling their story, all the kids decided that they also wanted to participate. Cal and Cali were very happy and said,
“We helped sick children all over the world and you can too!”



Jennifer Clarke is the clinical research project co-ordinator for the CALIPER project at SickKids and author of the Cal & Cali Caliper storybook. She has worked with children and adolescents for over 10 years. In addition to CALIPER, Jennifer's areas of interest include bullying, social aggression and counselling needs of children and adolescents.

Jennifer Nicholson is the illustrator for the Cal & Cali Caliper storybook. Illustrating a children's book has always been a dream of hers, and to be part of an international project designed to help sick children makes it even more rewarding. In addition to illustrating, Jennifer designs and creates sterling silver jewellery for her business, Just Perfect Designs.

Jennifer Clarke and Jennifer Nicholson have been friends and colleagues for several years and look forward to collaborating on more children's storybooks.



SickKids®

For more information please visit www.caliperproject.ca