



Eliana's Light Constellation Kits

We understand how stressful it often is to have a complex medical condition or to care for a child who does. Eliana's Light creates tailored Light Constellation Kits for each family based on their needs and interests in receiving complementary care.

These gift packages are called "Light Constellation Kits" because of the constellation of wellness and well-being that can form from integrative medicine and complementing one's medical care with other appropriate and safe healing approaches. Eliana's Light also unites with many partners – a children's hospital, complementary care providers, pharmacies, and others – to collaboratively bring complementary care to children and their caregivers. We hope the constellation that shines at the system level and for each individual brings hope and healing to whole families.

Here are some examples of the stress-relieving tools included in Eliana's Light Constellation Kits:

- Meditation CDs for children and teenagers from [Still Quiet Place](#)
- A [Buzzy](#)
- Fun Band-Aids
- A Stress-Relieving coloring book for children and/or adults
- [Yoga and Mindfulness for Children Card Deck](#) from [Little Flower Yoga](#)
- Aromatherapy relaxation candle
- Topical cream that dulls sensation of blood draws
- "Poke menu" for caregivers to select on a checklist ways they would like medical practitioners to relieve pain before, during, and/or after medical procedures such as blood draws. Options include: using [Sweet-Ease](#), a topical cream that numbs the skin, a topical spray that numbs the skin, a [Buzzy](#), etc.
- An aromatherapy diffuser
- An age-appropriate children's book
- Age-appropriate art supplies
- Gift certificates to frequented places (e.g. CVS, Walgreens, Giant supermarket, etc.)

- A “How to do basic meditation” tip sheet
- A “How to do basic yoga stretches” tip sheet
- A Coupon or gift certificate to order meals from a local meal delivery service or restaurant
- Tickets for the family to attend a fun event in the community
- A discount or gift certificate for family members to attend a yoga, meditation, dance, or other kind of class with their child
- A discount or gift certificate for the child and/or her/his caregiver to get a massage, have an AromaTouch or Healing Touch session, a yoga class, or another type of “healing session” at their house
- A weighted blanket for a child or adult to help reduce anxiety and stress

If you're interested in donating to cover the costs of providing one or more Constellation Kits to families, making an in-kind donation of material to include in Constellation Kits, or volunteering to help put Constellation Kits together, please email info@elianaslight.org.