



CHERUBS - The Association of Congenital Diaphragmatic Hernia Research, Awareness, and Support

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Support
Congenital Diaphragmatic Hernia
Public Awareness



CHERUBS VOLUNTEER CHECKLIST

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Not everyone is ready to volunteer at CHERUBS and we respect that. We ask that you please read this checklist and follow your heart. There are no right or wrong answers, just different distances down the CDH path that each of us are on at any given time. Every parent must go through his/her own grieving process (whether your child survived or did not survive) before we can reach out to help others. Just because you aren't ready to volunteer to work with families directly does not mean that you cannot help in other ways. Please read this checklist and contemplate if you are ready to volunteer directly with other CDH families. These are just some of the situations you may encounter as a State or International Representative, Advisor, On-Call Parent or other volunteer position that works directly with CDH parents:

1. Are you able to take phone calls and just listen to the other parent without sharing your own stories?
2. Are you able to just listen and not give advice? – Do you feel comfortable talking to both parents of survivors and grieving parents?
3. Do you feel that at this time you are able to listen to other stories without comparing them to your own?
4. Do you think you can emotionally handle meeting other parents face-to-face or listening on the phone if they are crying or upset?
5. Do you feel that at this time you are able to put aside your own feelings or grief and put the needs of others first?
6. Do you feel that you want to volunteer to help others and put their needs first instead of gaining support or friendships yourself?
7. Do you feel that you are able to put the best interests of the whole organization and CDH community before your own?
8. Do you feel that you can represent CHERUBS in a positive, professional manner at all times?
9. Do you understand the need for confidentiality and how much responsibility this entails?
10. Do you feel that you are emotionally ready at this time to visit hospitals, make phone calls or meet other CDH parents or children face-to-face in a professional manner without becoming emotionally upset?
11. Do you feel that you understand that all members and cherubs are equal in our organization and we do not volunteer for the purpose of honoring or remembering our own cherubs but to help other CDH families to have the support and information that they need?
12. Would you be comfortable sitting in a gathering and allowing others to talk about their cherubs and taking on a leadership role where you may or may not be able to talk about your cherub (for lack of time, etc)?
13. Do you feel that you will be able to follow through with all your assigned tasks and goals?
14. Do you understand CHERUBS mission and do you agree with our actions and projects?
15. Do you feel that you can help CDH parents and the organization to further our mission and to help as many families as possible?
16. Do you feel that if you disagree with a member or an organization decision that you will be able to conduct yourself in a mature and professional manner?
17. Do you feel that you can abide by all the rules in our membership and those set forth for volunteers at CHERUBS?