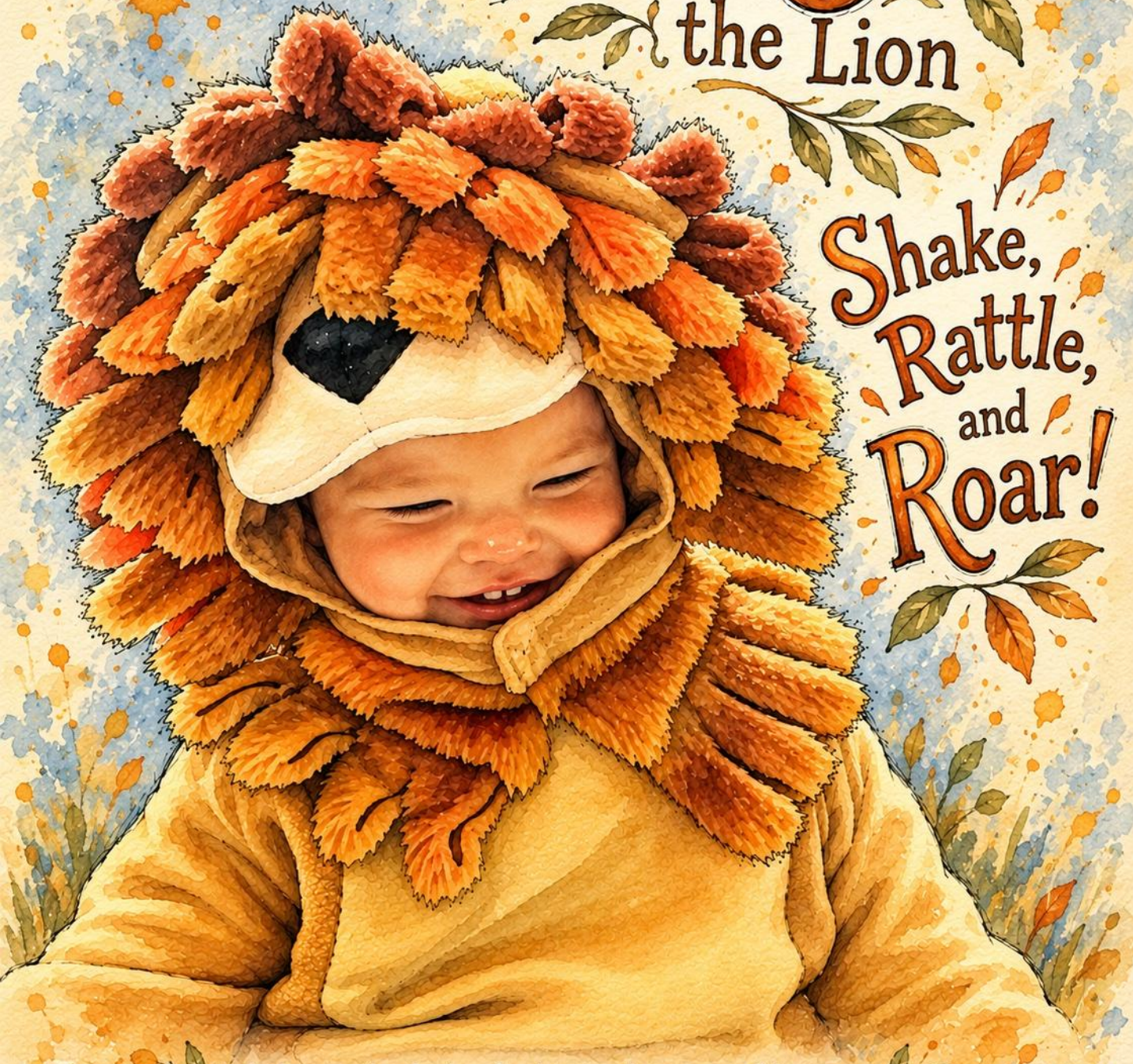


Leo

the Lion

Shake,
Rattle,
and
Roar!



A brave little lion's day with cystic fibrosis



My name is Leo, and I am brave and bold.
I have a happy story waiting to be told.
I love to run and pounce across the playroom floor.
Listen close and hear my mighty lion roar!



First I breathe my dragon fog, so soft and white.
It fills my little chest and makes me feel so light.
I breathe it deep and slow until my lungs are clear,
Ready for the grand adventures waiting near.



My therapy vest goes buzz and wiggle on my chest.
It shakes me all around and helps me feel my best.
I am a racing car that zooms and zips away.
Shake, rattle, and ROAR! is what I shout and say!



I am a big red rocket flying to the stars!
I rumble and I tumble out to the Moon and Mars.
The vest goes shake, rattle, and ROAR with all its might,
And every bouncy wiggle fills my heart with delight.



My sisters, Elliotte and Raelynn, play nearby,
Reaching up their hands toward the bright blue sky.
They roar along with me and join the noisy fun,
Then we all wash with soap until the germs are gone.



It is time for yummy snacks, a giant plate to share.
Crunchy fruits and tasty treats are everywhere.
I shake my magic sprinkles right upon my food
To help my tummy work and keep me feeling good.



I eat my healthy meals and drink my cup of milk,
Patting down my lion mane as soft as silk.
Those sprinkles help my tummy turn my food to power,
So I can grow a little taller every hour.



When running makes me tired, I take a little rest,
Cuddled in the cozy spot that I love the best.
My body needs a nap so I can play and leap,
Dreaming of big lions while I am fast asleep.



My little lion roar grows stronger day by day
While I chase my sisters in our happy play.
With dragon fog, vest, and sprinkles on my spoon,
I am growing big and strong, I am reaching for the moon!



Today my roar is louder than it was before!
It shakes the greenest leaves outside the kitchen door.
My sisters cheer, laugh, and clap with delight!
My mighty lion roar is feeling brave and bright.



Shake, rattle, and ROAR! the happy lions sing,
Ready for the endless joy that the day will bring.
My breath is full of power, my heart is beating fast.
I am a happy lion cub, strong and grand at last!



God bless this loving family, so full of grace and light,
With sister hugs and steady care from morning until night.
For every breath and every meal, we lift a thankful song.
In Leo's happy, roaring world is where sweet hearts belong.

For Leo Skinner,
our little Leo the Lion.

You were born with cystic fibrosis,
and you meet every day with a laugh,
a brave heart, and a mighty roar.

Your mist, your shaking vest, your sprinkles,
all your helpers are part of your story,
but they are not the biggest part.

The biggest part is you:
joyful, strong, and so very loved.

May you always know how brave your breath is,
how bright your laugh is,
and how many hearts are roaring right along with you.

With all my love,
Miss Angie

For Grown-Ups

Cystic fibrosis is a genetic condition that causes the body to produce thicker mucus than usual, which can affect the lungs and digestive system. To stay healthy and strong, Leo has a daily routine that is simply a seamless part of his day.

His breathing treatment uses a nebulizer to create a gentle, cool mist that helps clear his airways, which Leo calls his “dragon fog.” His therapy vest uses gentle air vibrations to shake his chest and loosen mucus so he can breathe easily while pretending to be a rocket or a race car. At mealtimes, he takes enzyme sprinkles, small capsules mixed into his food, which help his body absorb nutrients properly so he can grow big and strong. Combined with handwashing, active play with his sisters Elliotte and Raelynn, nutritious food, and rest, these daily habits keep Leo thriving and ready for his next big adventure.