

# UNDIAGNOSED CHILDREN'S DAY

## Blogging challenge

Undiagnosed Children's Day is a nationwide event where we increase awareness of undiagnosed genetic conditions and raise funds to support SWAN UK (syndromes without a name). SWAN UK is the only dedicated support network available in the UK for families of children with undiagnosed genetic conditions.

### How to get involved

Throughout April we will be running an Instagram challenge so we thought we'd extend the fun! We'd love to have blog posts based on the same themes to share that provide a snap shot of life raising an undiagnosed child. We also want to hear from you if your child has received a diagnosis. We know it's probably not possible to write a post every day so we've highlighted in pink the themes we think are most relevant but feel free to pick any you like. Posts can be long or as short you don't have to be the parent of an undiagnosed child to take part – although if you could think about how the theme might be affected differently if you or your child were undiagnosed that would be amazing!

1. Follow [@swanchildrenuk](#) on Instagram and [@SWAN\\_UK](#) on Twitter.
2. Choose the theme you fancy to write about from the list below (feel free to choose more than one!) and get writing. Add your post to the Undiagnosed Linky **ADD LINK**
3. Post a link to your post along with a photo to Instagram, using the hashtag **#undiagnosed** and/or share with us on Twitter.
4. Don't forget to tag [@swanchildrenuk](#) in your post so we can repost/share.

<b>Day 1</b> Selfie	<b>Day 15</b> Picture of your day out
<b>Day 2</b> Take a picture of your diary/ calendar of the week	<b>Day 16</b> Superhero in your life
<b>Day 3</b> Take a picture of any equipment you use	<b>Day 17</b> Something that made you laugh
<b>Day 4</b> Take a picture with your siblings	<b>Day 18</b> Your journey of the day
<b>Day 5</b> Your morning routine	<b>Day 19</b> What you're eating for lunch
<b>Day 6</b> Throwback of your favourite memory	<b>Day 20</b> Picture of when you were a baby
<b>Day 7</b> Your favourite thing	<b>Day 21</b> Favourite story
<b>Day 8</b> Last song you listened to	<b>Day 22</b> Family
<b>Day 9</b> Your favourite PJ's	<b>Day 23</b> A challenge
<b>Day 10</b> To do list	<b>Day 24</b> What gets you through the week
<b>Day 11</b> What you're eating for breakfast	<b>Day 25</b> What you're having for dinner
<b>Day 12</b> Favourite Treat	<b>Day 26</b> Wearing pink
<b>Day 13</b> What's in your bag	<b>Day 27</b> Undiagnosed Children's Day throwback
<b>Day 14</b> Medicine	<b>Day 28</b> Dress like a detective (to help us find more families that need our support)

