

# Helping your **brother** or **sister** through transplant

**WE UNDERSTAND HOW HARD IT IS FOR YOU WHEN YOUR BROTHER OR SISTER IS SICK. HERE ARE SOME IDEAS FOR HOW YOU CAN CHOOSE TO HELP:**

- Sing a song or read a story to your brother or sister to help him or her feel better.
- Make a special card for your brother or sister to have in the hospital room.
- Learn some funny jokes so you can laugh together.
- You can help mom or dad at home by organizing supplies with them.
- Ask the questions you have on your mind – this way you'll know what is going on.
- Take care of yourself. Continue to do things that make you happy.

You don't have to be perfect. Just be yourself and that makes you special. Try to think positive thoughts – sometimes things will be good, sometimes they might not be – but remember that there are people who love you ALL the time.

