

What can **siblings** do?

If your brother or sister needs a transplant, it affects your whole family. It's normal to feel worried, sad or angry and it's OK to talk about it.

Your brother or sister needs a lot of help to get better. Your mom or dad will have to spend a lot of time at the hospital. That can be hard for them and for you.

Here are some things you can do that might make you feel better

- Listen to your favorite music.
- Read your favorite book or magazine.
- Take a walk, ride your bike or play your favorite sport.
- Keep a journal and write down your feelings. If you like, share this with your friends or family members. They will want to know how you're feeling.
- Remember that it's not anyone's fault that your brother or sister got sick. People get sick sometimes for no reason.

Remember that your family loves you and you are special.



Find out how you can help

It can make you feel better to know you are helping—not just your brother or sister, but your mom and dad, too.

Ideas to help your brother or sister

When you are together:

- Talk, sing, joke, laugh!
- Play games.
- Do arts and crafts.
- Read books and watch movies.

When you are apart:

- Call, text, or chat online.
- Write a letter.
- Make a special gift for your next visit.
- Ask friends to make special gifts, too.

Ideas to help your mom and dad

- Ask how you can help.
- Babysit younger brothers or sisters.
- Help keep things clean.
- Help with meals.
- Take care of pets.
- Take good phone messages.
- Make lists of things people can help with.
- Give lots of hugs.