

# After the Injury or Illness: Tips for Siblings



## Rosa's Story

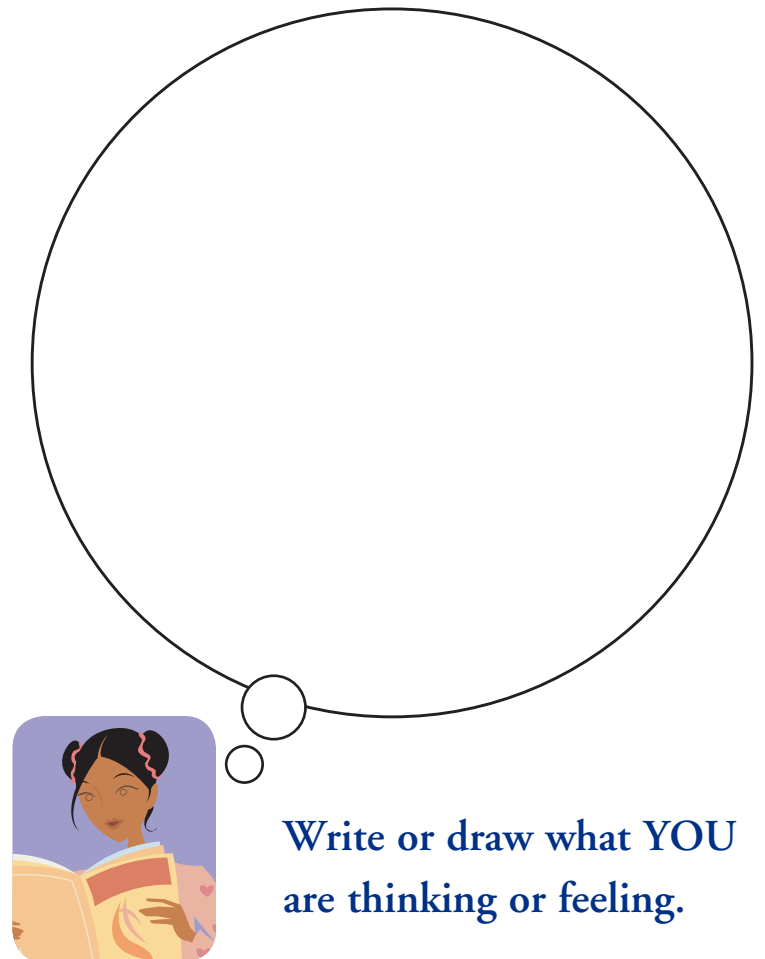
Rosa's younger brother is sick. He has been sick since she was 6 and he was 4. Sometimes he has to stay at the hospital and she doesn't see him or her mom a lot. She misses them both. Rosa sometimes likes to look at her brother's picture when he is away. This makes her feel happy and sad at the same time.

Rosa never knows when her brother will get sick. Or when he will be OK and come home again. When he does get sick, he gets a lot of attention from her parents and that makes her angry. She also feels frustrated because she misses her brother. She wants to help out, and to change what is happening, but she is not sure what to do.

## PUZZLE – Word Search

AFRAID	JEALOUS	SCARY
ANGRY	LONELY	HELPFUL
CARING	LOVING	WISH IT WAS ME
UPSET	MISSING YOU	

H I A T W I S H I T W A S M E  
E I Y N G R F E G U G B S O E  
L F S V G G S F M F W U P V O  
P Y L H A R T J V P O X I I W  
F I E H F N O P Y L I X Y N I  
U D A P R T G W A E I R G U E  
L N I R A C W R L H A L X P P  
X E V V I L J A Y C R O A S B  
D S D B D G O I S Y G N R E F  
G H C N N P S E T M Q E K T D  
O V E I Z D G Z U N E L E M T  
Y L V Y M I S S I N G Y O U N  
Y O T I L Y C A R I N G B A I  
L J U E W P Q O X A T Y J H X  
E I I I S J E A L O U S J P K



**Write or draw what YOU are thinking or feeling.**

# What can help?



When Rosa's brother had to go to the hospital a lot, her Mom and Dad talked to Rosa about how she was feeling. Now Rosa and her Mom set aside one time every week for just the two of them. They go shopping, or to the park. Sometimes they even go out to a movie together. This makes Rosa feel special.

**There are things you can do to help take care of yourself and your family.**

Rosa's Mom and Dad also help her to keep to her regular routine. They make sure she spends time with her friends. They also listen to Rosa when she needs to talk about her feelings.

*You can ask for help if you are feeling sad or upset.*

## What can help *you* feel better?

The arrows show what Rosa did to feel better. What has bothered you?  
Add to the list if you need. Then draw an arrow to what you think might help.

### Things I can do:

- Listen to music
- Talk to my parents
- Have fun with my friends
- Get back to my normal activities
- Ask how I can pitch in and help
- Ask my parents about questions I have

### MORE IDEAS:

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### Problems/Things that bother me:

- I keep thinking about my brother / sister
- I am having nightmares about it
- Feeling jumpy, worried or nervous
- Jealous of all the attention they're getting
- Can't do something that we had planned
- I am worried that they are not going to be OK

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### Things others can do:

- Listen to me when I want to talk
- Just hang out
- Do fun things together
- Let me help in some way
- Help me do normal stuff
- Be there to tuck me in

### MORE IDEAS:

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## Remember:

1. Different people have different reactions. This is normal.
2. There are things you can do to help take care of yourself.
3. You can ask for help if you are feeling worried or upset.