



Kids Pack

ages 7-11 (sibling)

Your other activities

You might be worried that your brother or sister's cancer will make it hard for you to do your activities. Sometimes your mom or dad will be at the hospital with your brother or sister, and they might miss a soccer game or a school show. Talk to your parents. Usually there are other people happy to give you a ride or watch your game. Your parents will try very hard to keep up with your schedule, but sometimes they may need some help. Making a calendar is one way families can plan together for all the things they have to do.



Take Good Care Packs

are filled with activities to encourage

- * *Comfort*
- * *Communication*
- * *Expression*
- * *Stress Reduction*

Here at Mass General Hospital, we take care of children with cancer. We know that when a brother or sister has cancer, it affects everyone in the family. This may be a hard time for you, too.

This pack has a lot of different things in it that we hope you will like. There are things to read and other things to help you express your feelings either in words or with pictures. There is also some stuff in here just for fun.

We will take very good care of your brother or sister. We care about how you are doing. Please tell us if there is anything else we can do to help you.



Tips for coping when your brother or sister has cancer

Feelings

You might have had lots of different feelings since you were told that your brother or sister has cancer. Some kids feel scared, worried, angry, sad or confused. There is no right or wrong way to feel. It helps to be able to talk about your feelings with a grownup or a friend.

Questions

Ask questions about cancer. There is no such thing as a silly or dumb question! You can ask your mom or dad, or another grownup you trust. Some kids talk to the nurse at school. You might want to come to the hospital with your brother or sister to meet the people who take care of him/her. You can ask them questions too!



School

Kids go to school. That is your job. It is important to keep going to school even if your brother or sister is sick. Your brother or sister will also try to go to school (if they are old enough) as much as they can. Your parents will let someone at school know what is happening in your family. They might talk to your teacher, principal or school nurse. You might want the kids in your class and your friends to know your brother or sister is sick, or you might not. Talk to your parents and tell them how you feel about this. If you are having a hard day, it is helpful to have someone you can talk to at school.

You can't catch cancer.

Cancer is not like a cold or flu. You can't catch cancer from your brother or sister. You can hug them, play with them, and sit close by them. You will not get sick.

