



Teen Pack (Sibling)

Be flexible

This is a stressful time for your whole family. Everyone in your family may need to be flexible.

There might be some times when you need to spend time at home with a

younger brother or sister, instead of with your friends. You might need to help your mom and dad with more chores at home. Spending time with your brother or sister who is sick can be a special way to show how much you care about your family. Your mom and dad want you to have time to have fun with your friends, too!



Take Good Care Packs

are filled with activities to encourage

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

Here at the 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 difficult time for you, too.

This pack has a variety of items. This booklet will give you some tips on coping. The journal can be used to write down your feelings, or keep track of questions. Try to find a more creative way to use your journal! Some of the things in here are just for fun. There is a gift certificate for music or a book - just for you!

We will take very good care of your brother or sister. Your brother or sister is important to us, but so are you. Please tell us if there is anything we can do to help you during your brother or sister's treatment.



Tips for coping when your brother or sister has cancer

Why a gift certificate?

Listening to music or reading might be something you do to relax or unwind. So, we decided to let you pick out the thing that would be relaxing or comforting to you.

Enjoy it!

Feelings

How did you feel when you were first told that your brother or sister has cancer? You might have felt angry, sad, worried, confused, scared, or guilty. There is no right or wrong way to feel. Some of your feelings will change from day to day. Every person in your family - your brother, sister, mom or dad will experience all kinds of feelings. As hard as it might be, it helps to talk about your feelings with someone you trust. A friend, your parents, a school counselor are good places to start.

Ask Questions.

Ask questions about your brother or sister's cancer or treatment. There is no such thing as a silly or dumb question. Some people will tell you about someone they know who has cancer. There are many types of cancer, so listening to what others tell you can be more confusing. Talk with your parents. The people at the hospital who take care of your brother or sister can give you more information or answer your questions too.



What About My Activities?

You might be worried that your brother or sister's cancer will make it hard for you to keep up your schedule. Your mom or dad might be busy and not able to drive you to your sports game or play practice. Talk with your parents. They can figure out ways to keep things as normal as possible for you. Usually, there are other people, either relatives or friends, who will be happy to help out by driving you someplace or hanging out with you. Try to remember your parents are doing as best as they can.