



Your activities

You might be worried that your family member's illness will interfere in your sports or after school activities. Talk to your family. They will try hard to keep up with your schedule, but sometimes they might need some help. Making a calendar is one way families can plan for all the things they need to do.

Some words about this time...

This may be a very upsetting time for your family. This is hard for everybody. It is normal to feel like you are riding a rollercoaster. Eventually things will settle down. There are people who care about you and love you. Talk to them about things that are bothering you.

Hello-

At Mass General Hospital, we take care of family members when there has been an accident or illness. We know that when someone you love is in the hospital, life can be stressful. We hope that we will be able to help you and your family talk about what has happened.

Here are some things we hope will help you. There are things to read. You might want to write or draw. There are also some things to help you relax and have some fun. Even though there is a lot going on, you are still a kid. It is okay to play and laugh with your friends.

MGH Clinical Social Workers
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What all kids need to know when someone they love is in the hospital

It is not your fault.

You did not make your family member have an accident or get sick. No one in your family did anything to make this happen. Having a fight, or saying or thinking something mean does not cause an accident and does not make people sick. The doctors and nurses at the hospital will do their best to take care of your family member.

Different feelings are okay.

Kids have many different feelings when someone they love is at the hospital. You might feel worried, scared, mad, sad, confused or numb. All of these feelings are normal. There is not one right way to feel. It helps to be able to talk about your feelings with a grown-up or a friend.

Other people you love

You might be worried that something will happen to someone else you love. It is very unusual for this to happen. If you are worried about this, talk to your mom, dad, or a special grown up.

Ask questions.

No question is silly or dumb. Your questions are important. We want to know if you are curious, worried or confused about something.

You might want to ask:

- Where is my family member?
- What part of their body is hurt or injured?
- Who is taking care of them?

School

While someone you love is in the hospital, things might be a little chaotic. Your family will need to let someone at school know what has happened. You might want kids in your class to know or you might not. It is important to talk to an adult you are close to about this. If you are having a hard day, it helps to know there are people at school you can talk to.