

WHEN YOUR SIBLING IS IN THE HOSPITAL



A RESOURCE FOR TEENS
WITH A SIBLING AT



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It's awesome to be able to visit your sibling while they are at the hospital, but it may not always be easy. So for starters, here are some ideas of things you can do to help stay connected with them even if you can't visit.

- Write in a journal each day telling your sibling about everything that has been happening at home, at school, or with friends. Have them write some too, telling you about their day, and you can trade when you visit the hospital or when your parents go visit.
- Instead of journal entries, start a blog that only you and your sibling write and post pictures on. You could keep it public if you wanted others to see, or you can make it private for just the two of you. This way, you can check each day to see what your sibling has posted, and it's way cooler than just emailing!
- Set up a free Skype account to video chat with your sibling from home each day (or every few days).
- If you go to the same school as your sibling, get friends and teachers to sign a card that you can give to them.
- Even better, record video messages from friends and put them on a DVD to send to the hospital for your sibling to watch.
- Make a mix CD of your sibling's favorite songs to send to the hospital to cheer them up. Sure, they probably have all the songs on their iPod, but this would be a special gift from you!
- If you want to help out, ask your parents if there are any things that you can do to help while they are busy with your sibling. This is a great place to start, and it may make things less stressful for everyone.

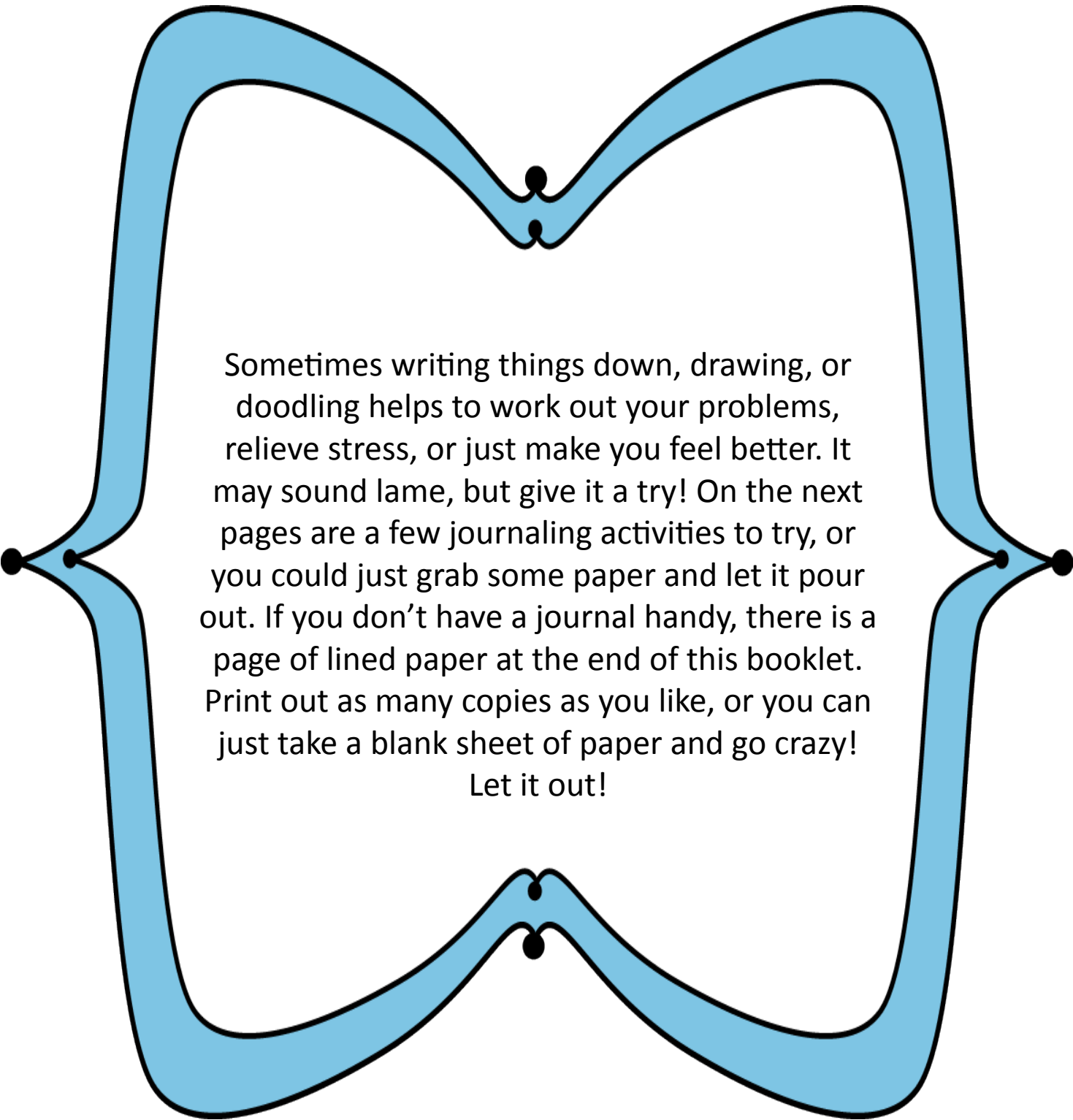
When you have a sibling in the hospital, you may have a lot of questions, and may not be quite sure where to find the answers. Here are some ideas of where you can look...

At the hospital...

When you are visiting the hospital, there are several people helping to care for your sibling that would be great to help answer your questions. Your sibling's nurse, child life specialist, social worker, or even doctor would all be able to help you out. Before visiting, write your questions down so that you don't forget to ask when you have the chance.

At home...

If you're at home and you have questions, see if your parents have the answer. They probably know what is going on with your sibling pretty well, and they would be a great place to start. If they don't know, the internet is always a good resource – but be careful! Some websites can have false information, or make things seem worse than they really are. Websites like KidsHealth.com (it's for adults too!) and MayoClinic.org have some great general information that can be a starting point. Always have someone check with your sibling's doctor or nurse though to make sure your information is correct.



Sometimes writing things down, drawing, or doodling helps to work out your problems, relieve stress, or just make you feel better. It may sound lame, but give it a try! On the next pages are a few journaling activities to try, or you could just grab some paper and let it pour out. If you don't have a journal handy, there is a page of lined paper at the end of this booklet. Print out as many copies as you like, or you can just take a blank sheet of paper and go crazy!

Let it out!

I AM...

How would you describe yourself?
What are some of your favorite things? What are some things you hate? What do you want to do in the future? How do you like your eggs?
Put it all here.

If you could have **one day that was all about you**, what would it be like? What would you do, where would you go, who would be with you? You call the shots.

Things that drive me NUTS.

Write about some things that are **driving you absolutely crazy right now**.
Nothing is off limits.

I WISH:

I WANT:

I NEED:

I FEEL HAPPY WHEN:

I WORRY ABOUT:

I AM SCARED ABOUT:

I HOPE:

We all have things in our lives we wish we would have done differently, or not done at all. **What are some things that you wish you could go back and change?** Write about it here, and write about what you would have done differently.

On this page, **think of a problem you have, and the way you want it to be fixed, or your answer.** For the middle box, think about what needs to happen to get from box #1 to box #3. Is it something you have control over? Something you may need help with? Work it out!

#1 The Problem

#2 The Steps

#3 The Answer



Just One Thing...

If you could **tell someone in your life just one thing** right now, what would you want to tell them? What would you tell your sibling? Your friends? Your parents? Try to think about it and write it here.

Your Sibling:

Your Best Friend:

Your Parents:

Your Grandparents:

Your Teachers:

GET TO KNOW ME...

This questionnaire is something that your sibling may fill out while they are at the hospital. Why don't you try it, too?

Important people to me:

Something I want to do in the future:

Favorites

Movie:

Book:

Music:

Activity:

Food:

I learn best by:

Things that stress me out:

Things that cheer me up:

Other things I would like you to know:

One Last Thing....

If you have any questions about what the hospital is like or what your brother or sister is having to do while they are there, you may want to check out the other Sibling Resource Booklet on the CHaD website. It has some more pictures of the hospital and what it's like for children and teens. The book is for younger kids, but you could learn something from it too. You never know!



