



This book belongs to

.....

This is a picture of me:

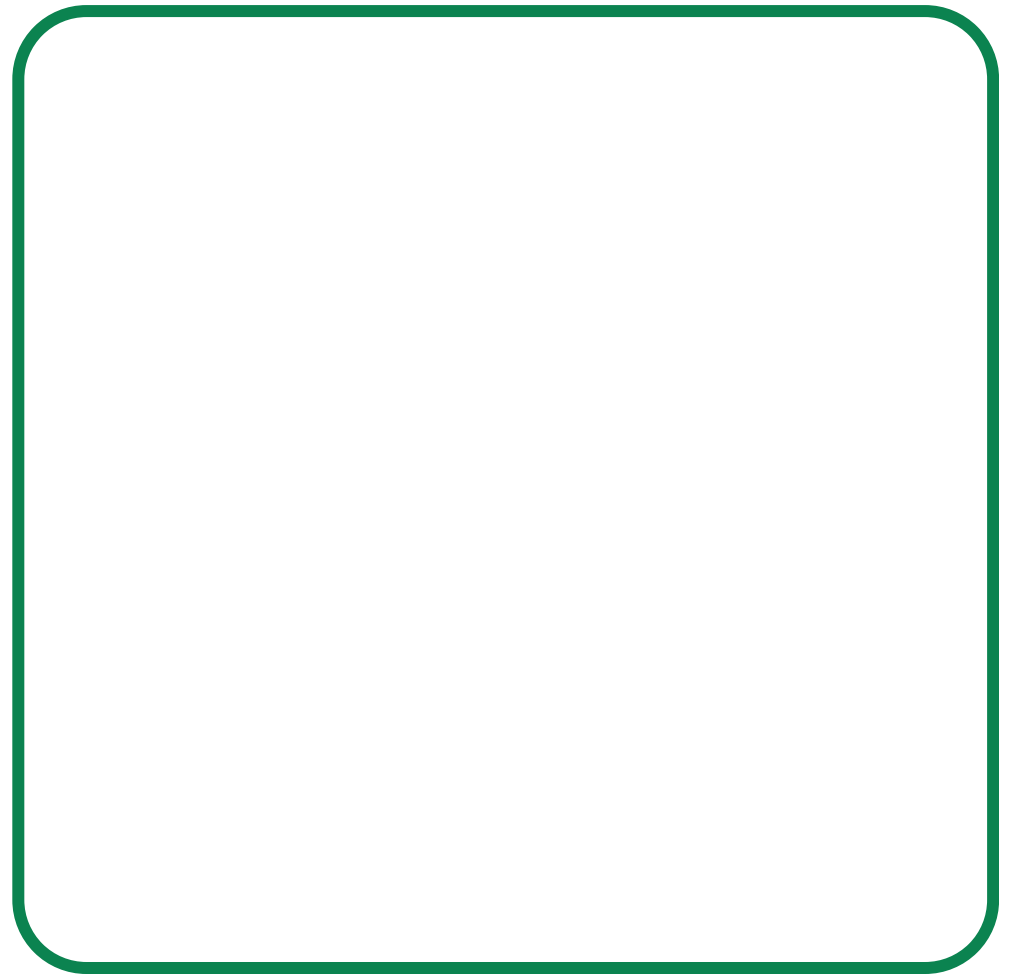
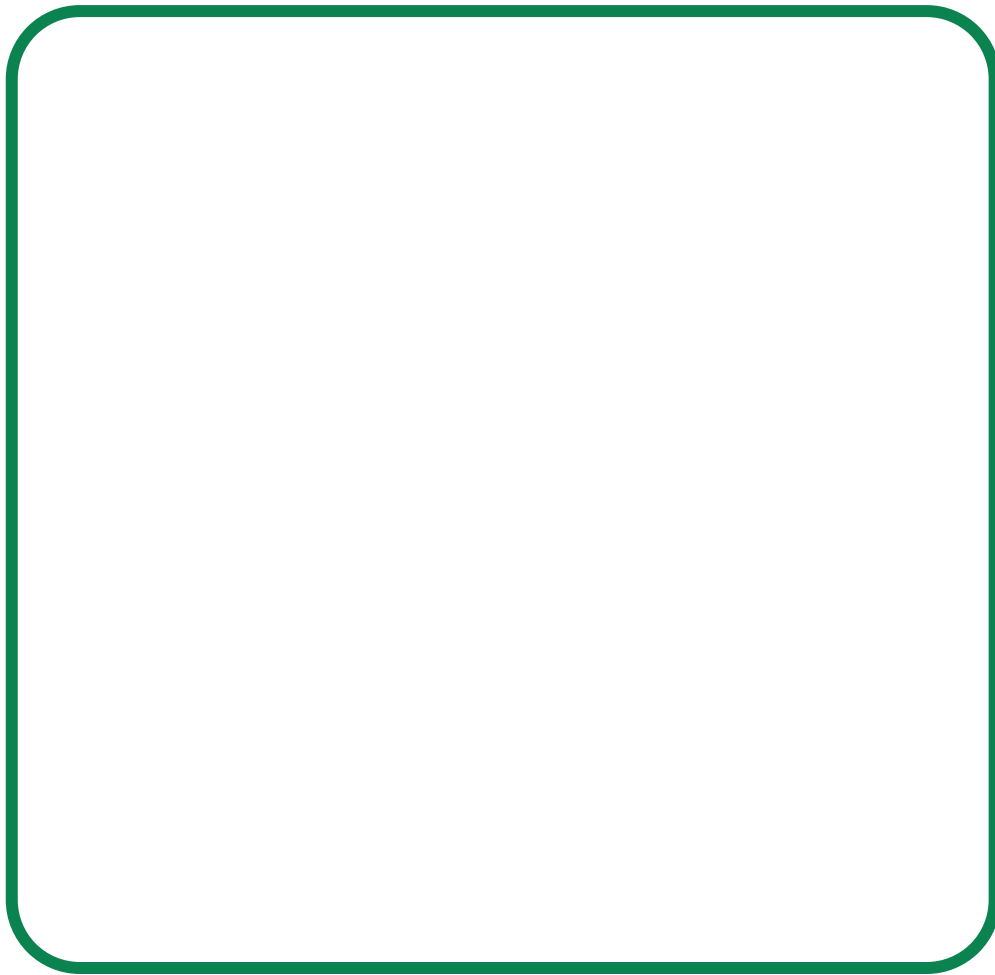


This book is your book and you will make it special as you draw the pictures that come in to your mind and as you read the words on each page. There will never be a book just like yours.

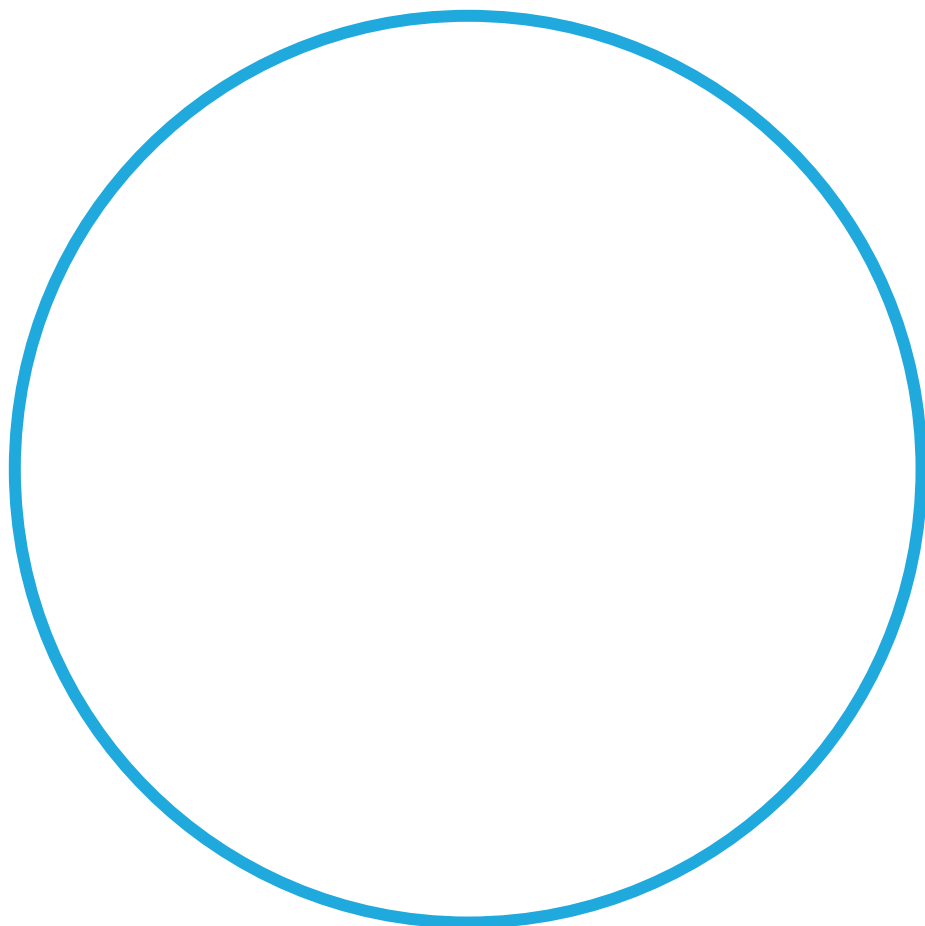
This book will help you understand the feelings children have when their parent has an illness. You will learn more about the illness and how you feel about some changes in your life.

Change is a natural part of life. Change in nature is easy to see.

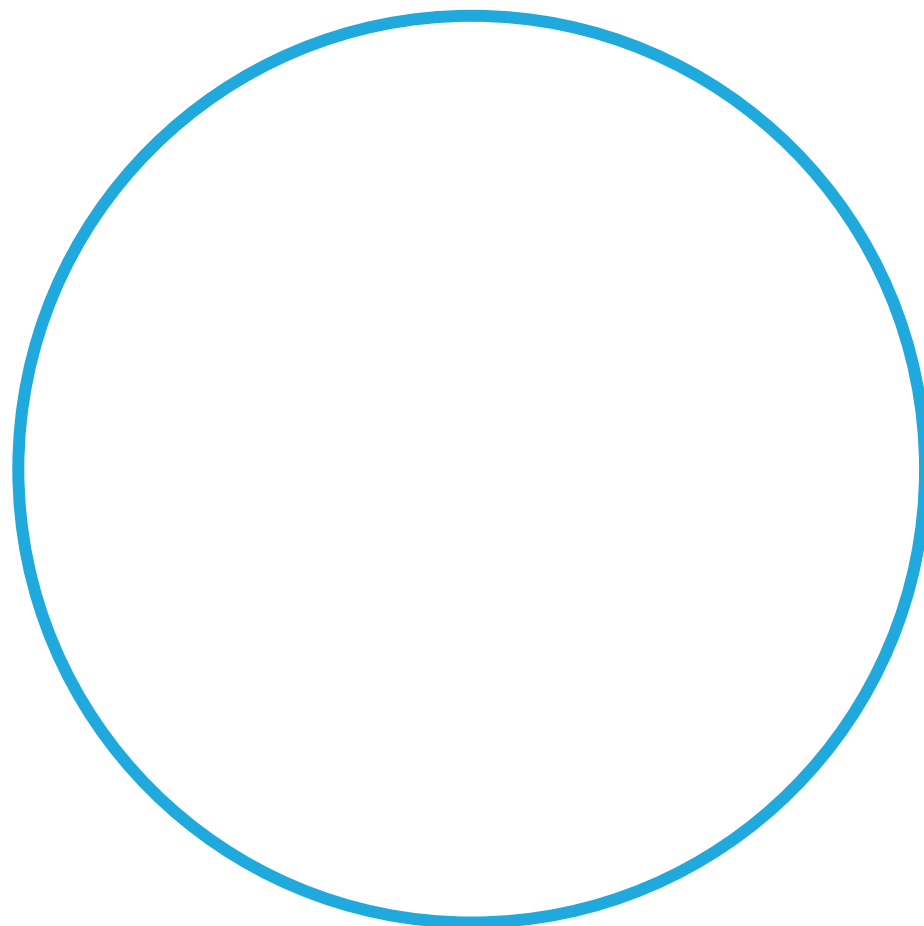
Draw some changes you can think of below:



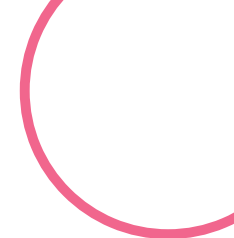
People change too.



Me when I was a baby



Me now



Living means growing and changing. Change brings gains and losses.

The good things about getting older is...

.....

.....

.....

.....

The thing that was good about being a baby was...

.....

.....

.....

.....

It is ok to change and grow.

My has an illness called

Most people call it

There are some **BIG** changes and some little changes.

Write down some big and little changes.

☐ Circle the one that is hardest for you and draw a ☐ box around the one you like best.

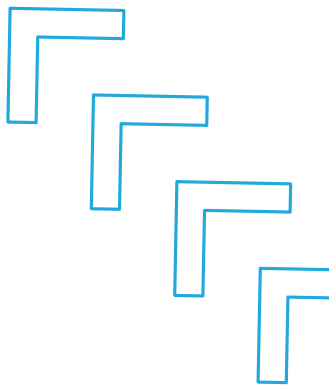
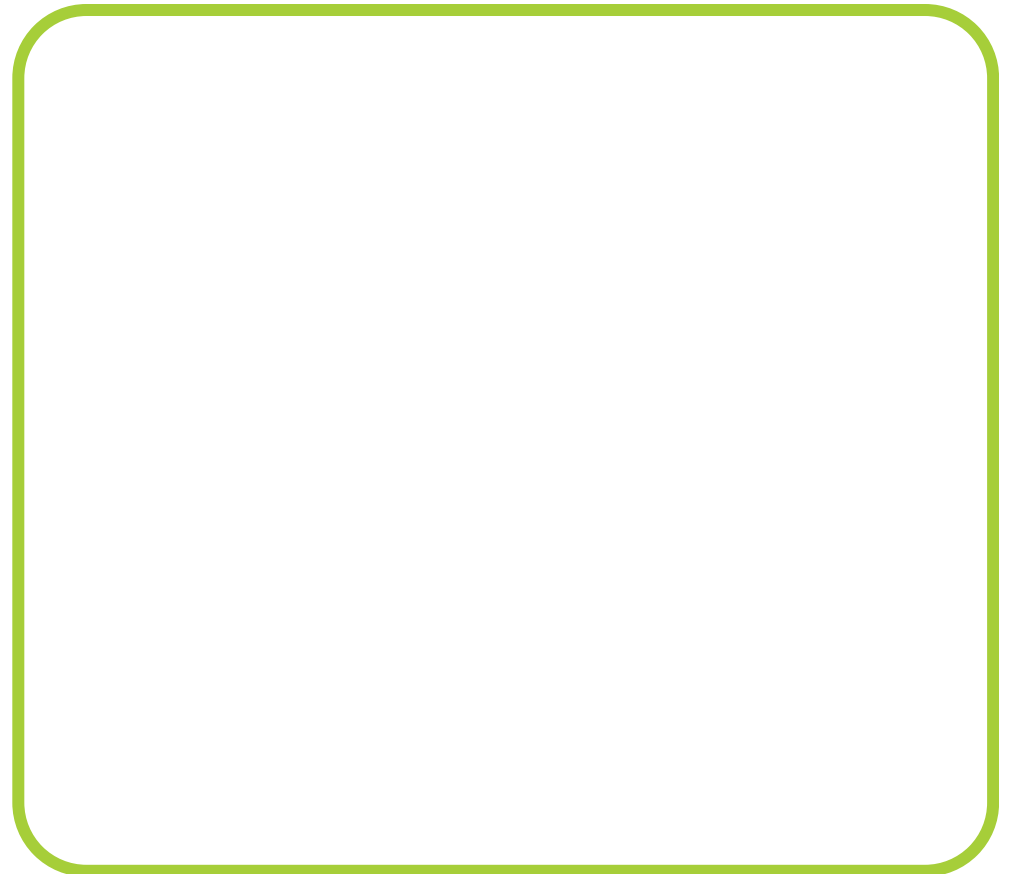


Illness affects everyone in the family. Its ok to have problems and it helps to talk about them.

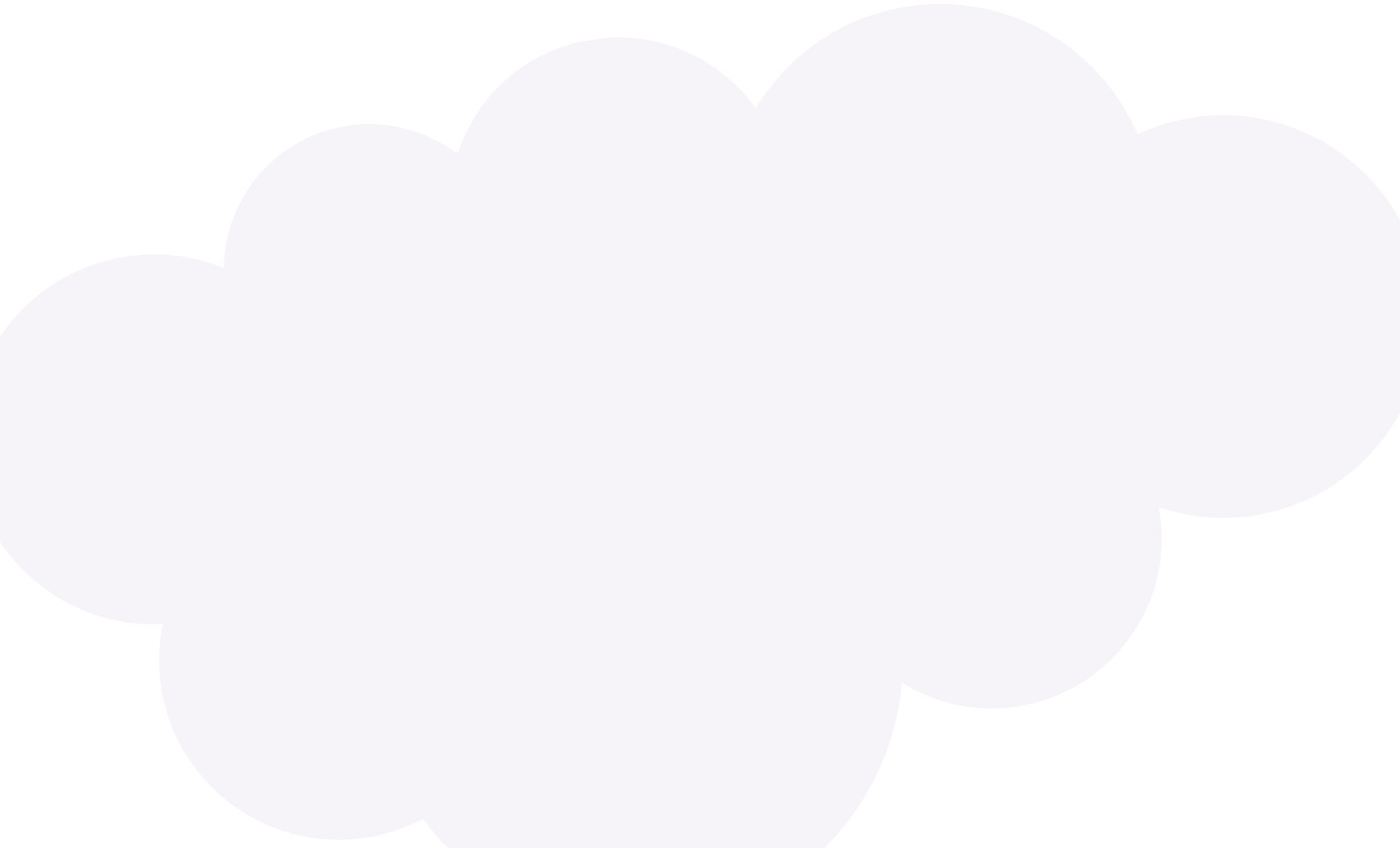
1. This is a picture of me and my doing something fun together **before** the illness.



2. This is a picture of us doing something fun together **after** the illness.



I know a few things about my illness. These are some of them:





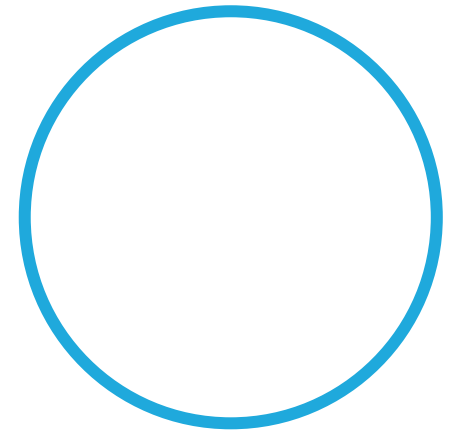
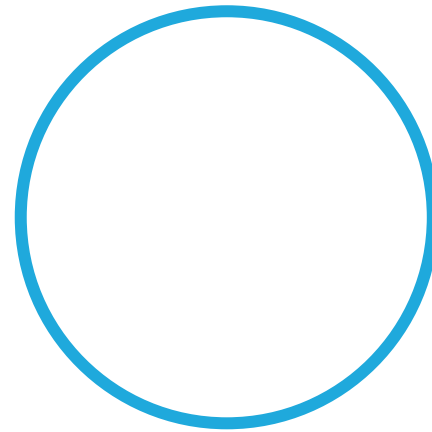
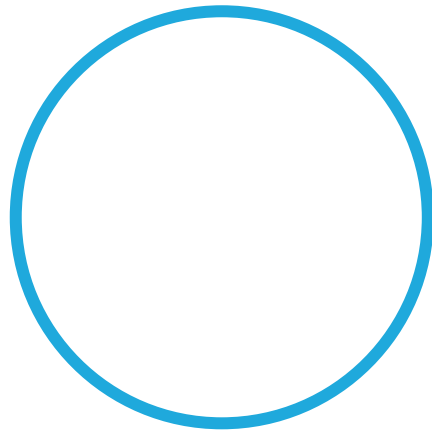
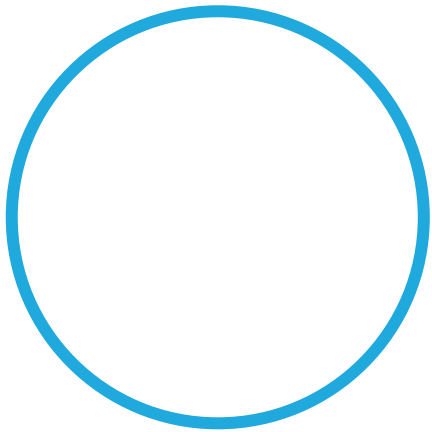
These are things that I **have learned**:



And, these are the things I would **like** to learn:



There are many feelings. Feelings can show on faces:



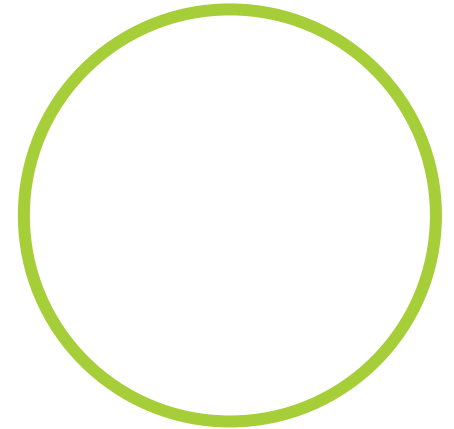
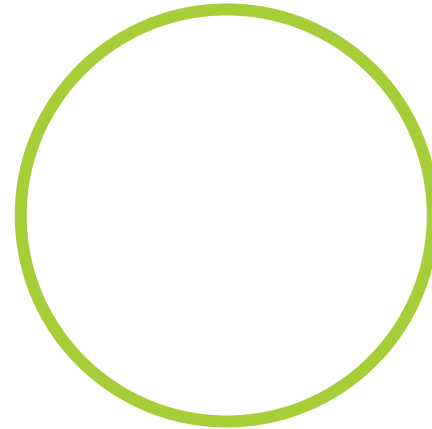
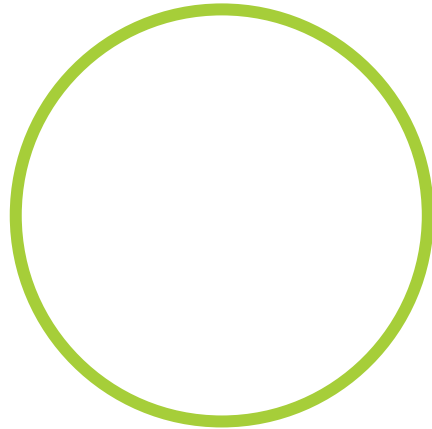
Sometimes people put on a mask to hide feelings they don't like to show.

Name and draw 3 feelings you sometimes hide:

.....

.....

.....





Feelings are something that you feel in your body.

Colour the places you feel these feelings.

- Sad
- Worry
- Guilt
- Anger
- Jealousy
- Nervous
- Happy





If feelings are kept inside for too long, they may cause aches and pains.

Colour red **lightly** where you get little aches and pains.

Colour **bright red** where you get **big hurts** or **anger**.

Exercise, sports, playing, listening to music, writing and talking are all good ways to let your feelings out.



My family is special. Everyone is good at something.

Draw your family and write what is special about each one.





No family is perfect; it is ok to be different. I am special too. am good at many things.

Draw the things you are good at doing.

