

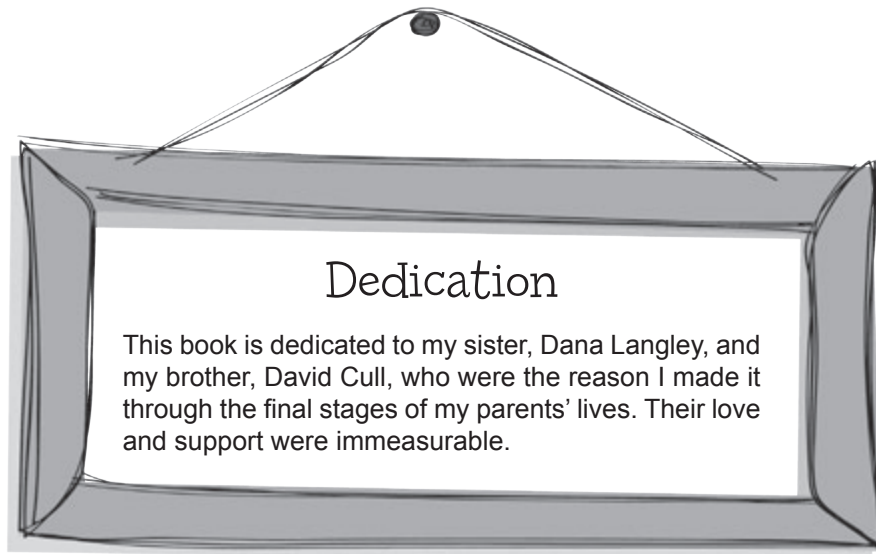
Dealing With A Serious Illness

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Self-Exploration Book

For Children Dealing
With The
Long-Term Illness Of
A Loved One



By Rebecca C. Schmidt, M.Ed., LSW



Dealing With A Serious Illness

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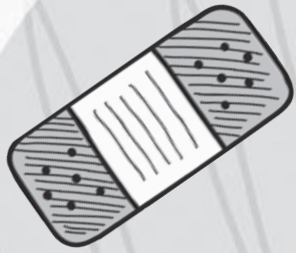
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Introduction

Children who experience the final stages of the life of a loved one will begin to grieve long before death occurs. This unique book, which gently guides children through the advanced stages of a long-term illness, can be adapted to any illness.

Children aware that the health of a loved one is deteriorating can benefit from knowing that, in most cases, they cannot catch the disease and they can do things to help their loved one feel better. These children also need to know, although not everyone with this particular disease dies, their loved one may. They need to be assured of the presence of wonderful people who will take good care of them if their loved one dies.

Before presenting the program to the child, read the entire book and choose those pages that are appropriate for the child's situation. Drawing may help the child express feelings and, after completing each page together, the caring adult and child may discuss each concept in a relaxed and non-threatening way.

Counselors, parents, grandparents, or other caring adults can use *Dealing With A Serious Illness* to help ease the child through this difficult process.



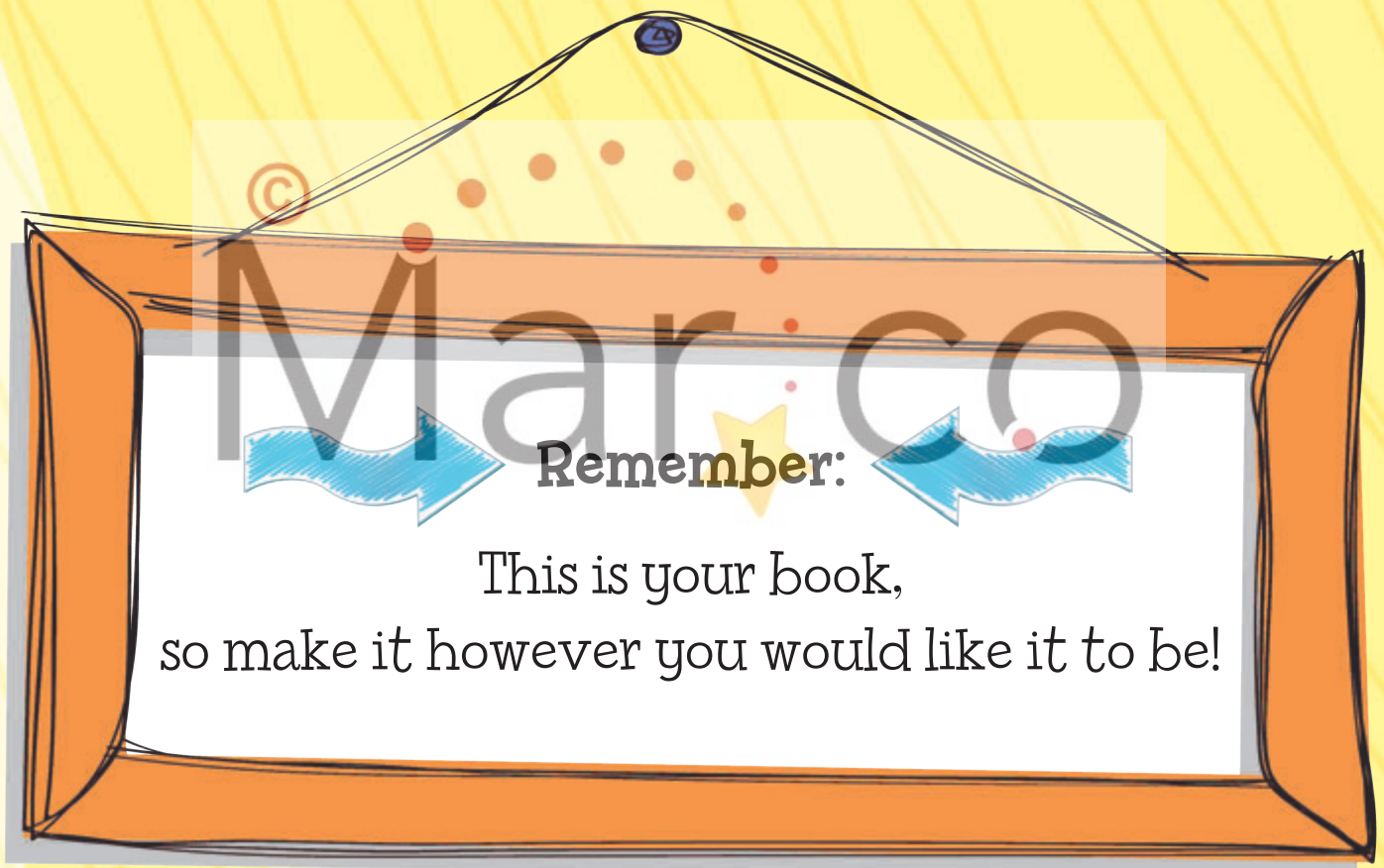
THE FOLLOWING SAMPLES
ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

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Someone I Love Is Very Ill

The purpose of this book is to help you understand what it is like when a loved one is very sick. The best part of this book is that it is written and illustrated by you! You may draw with pencils, crayons, markers, colored pencils, or with a mixture of them all. Use any colors you choose.



This is a picture of my family.

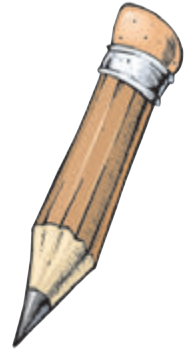


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When people have this illness,
doctors try lots of different medicines
and other treatments to make it go away.

Here is a picture of a doctor helping.



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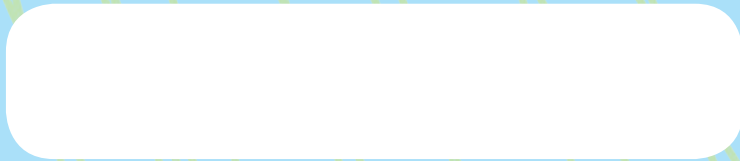
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When the medicine does not work,
the sick person may get tired
very easily and want to sleep a lot.



Here is a picture of



taking a nap.



When someone with this illness
is not getting better,
doctors may decide the sick person will feel more
comfortable at home than in the hospital.
They may even bring a special
hospital bed to the sick person's house.

Here is a picture of



and me at home watching my favorite TV show.



There are many things I can do to help

feel loved and happy.



I can write a special letter,
draw pictures to decorate the room,
read a story to my loved one,



bring flowers to make the room look pretty and smell nice,

rub lotion on his or her hands,

or do other things that are gentle and quiet.

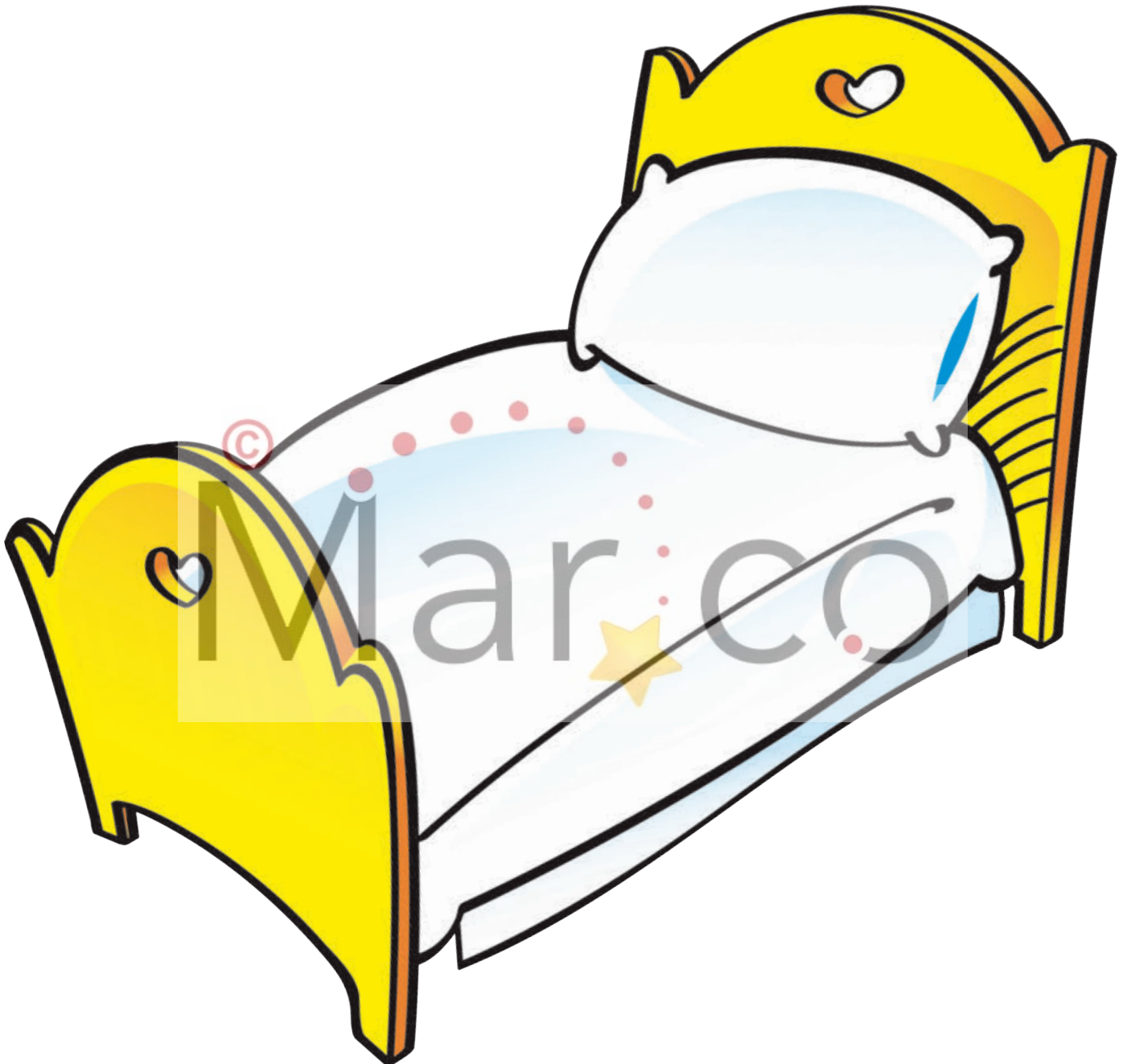


© Here is a picture of me doing something to help.

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I will be **very sad** if my loved one dies, but I will try to make myself feel cozy and comfortable.

Here is a picture of me trying to make myself comfortable and cozy by fixing my pillows or piling blankets on my bed.



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