

## Changes in Your Family

### Changing Routines and Responsibilities

Your family may be going through a lot of changes. You may be the oldest, youngest, or middle child in your family. You may live with one parent or two. Whatever your family situation, chances are that things have changed since your brother or sister got sick. This chapter looks at some of these changes and ways that others have dealt with them.

#### Does this sound like your home?

Are you doing more chores?

Are you spending more time with relatives or friends?

Are you home alone more?

Are you asked to help make dinner or do the laundry?

Are you looking after younger brothers or sisters more?

Do you want to just hang out with your friends when you are needed at home?



## Does this sound like you?

- Do you feel like you have to be perfect and good all the time?
- Do you try to protect your parents from anything that might worry them?
- Do you feel like yelling, but hold it in because you don't want to cause trouble?

No one can be perfect all the time. You need time to feel sad or angry, as well as time to be happy. Try to let your parents and others you trust know how you're feeling—even if you have to start the conversation.