



A Note From Me!

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Dear \_\_\_\_\_:

I am \_\_\_\_\_ that \_\_\_\_\_ is sick. I wish that you would \_\_\_\_\_ (emotion) \_\_\_\_\_ (sib name). For me to feel more included, could you \_\_\_\_\_. To feel closer to you - I'd like it if you would \_\_\_\_\_. The one thing I have questions about is \_\_\_\_\_.

I also need these 3 things to feel more supported:

- 1.
- 2.
- 3.

I know you are thinking about me when you \_\_\_\_\_

When I have something to say about the way I'm feeling, the way I'll let you know is to (check all that apply):

- Write you a letter
- Tell you when I see you or talk to you on the phone
- Leave you a message on your voice mail or e-mail
- Tell the Social Worker or Child Life Specialist at the hospital
- Tell my teacher (and s/he can tell you)
- Tell my friend or my friend's parent (and s/he can tell you)

I want you to know these 3 things:

- 1.
- 2.
- 3.

Hugs and Love -

\_\_\_\_\_