



Autism Society
of North Carolina

Sick Family Member (female)



I love my _____ very much.
She loves me and takes good care of me.



She may spend more
time in bed.
She may not be able to
do my favorite things
with me right now.
She still loves me!



Right now, she is sick.



She may have to go to the doctor a lot.



My _____ may be tired.



She may even have to go to the hospital.
The doctors are taking good care of my
_____. I can do other things with
my _____ right now.

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Autism Society
of North Carolina

Sick Family Member (Female, Continued)



I can get in bed with her and read a book.



Or I can watch a movie with her in bed.



It may make me sad to see my _____ sick.
It is okay to be sad or worried.



I can ask questions and tell people how I feel.



My _____ loves me!



She is brave and fighting to get healthy.
It is okay to be sad, but I can spend time
with _____ in different ways!



It will be okay!

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Autism Society
of North Carolina

Sick Family Member (male)



I love my _____ very much.
He loves me and takes good care of me.



He may spend more time in bed.
He may not be able to do my favorite things
with me right now. He still loves me!



Right now, he is sick.



He may have to go to the doctor a lot.



My _____ may be tired.



He may even have to go to the hospital.
The doctors are taking good care of my
_____. I can do other things with
my _____ right now.

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Sick Family Member (Male, Continued)



I can get in bed with him and read a book.



Or I can watch a movie with him in bed.



It may make me sad to see my _____ sick.
It is okay to be sad or worried.



I can ask questions and tell people how I feel.



My _____ loves me!



He is brave and fighting to get healthy.
It is okay to be sad, but I can spend time
with _____ in different ways!



It will be okay!

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