

A Guide for How to Ask for Help – for Kids

Everyone needs help at times, and some people need extra help. When you're born with a connective tissue condition like yours, there are times when you might need more help than others. It's okay to need help and ask for the kind of help YOU want.

Sometimes it's hard to know what you need - especially when people are usually just doing things for you. Have you ever wished they would do things differently?

Like:

- Letting you take a nap after lunch because it's hard to focus.
- Watching a shorter movie since it hurts to sit for a long time.
- Leaving you alone when you're angry because you prefer not to talk until you feel calm.

You might be afraid to say something because you don't want to hurt their feelings. Or maybe you're worried about what people may think or that it won't make a difference. But it's okay to speak up and tell people what you want. It might not always be possible to change things, but if you don't say what you need, people will never know.

It can help to think about what you need and tell people ahead of time. Complete this worksheet to help you. Then, share it with the important people in your life who want to help, but don't always know how. When you're more honest with people, you'll get more of what you need. Only you know what you need, so don't be afraid to say it!

A Guide to Helping Me

Sometimes I don't feel well, or things are hard. I'm learning that it's okay to ask for the kind of help I need. These are some things that would help me the most.

I like it when you:

- Take me for a ride.
- Cuddle with me.
- Read to me.
- Play games with me.

- Let me watch TV.
- Invite my friends over.
- Other _____

I don't like it when you:

- Listen to loud music.
- Watch long movies.
- Think I can't do something.
- Do everything for me.
- Talk about me.
- Treat me differently.
- Other _____

I like it when you say _____
_____.

I don't like it when you say _____
_____.

My favorite activities to do with you are: _____
_____.

When I'm upset, it helps me to:

- Be alone.
- Talk about it.
- Write or draw.
- Be distracted.
- Cry.
- Other _____

When I don't feel well:

- I like to be alone.
- Being with you helps.
- I like to lie in bed.
- It's hard to _____.
- Check on me more often.
- Other _____

It makes me uncomfortable when:

- I talk about my health.
- I'm the center of attention.
- People treat me differently.
- Other _____

When I get stressed I:

- Need reminders.
- Don't like to talk about it.
- Like to talk about it.
- Other _____

Thank you for helping to meet my needs!