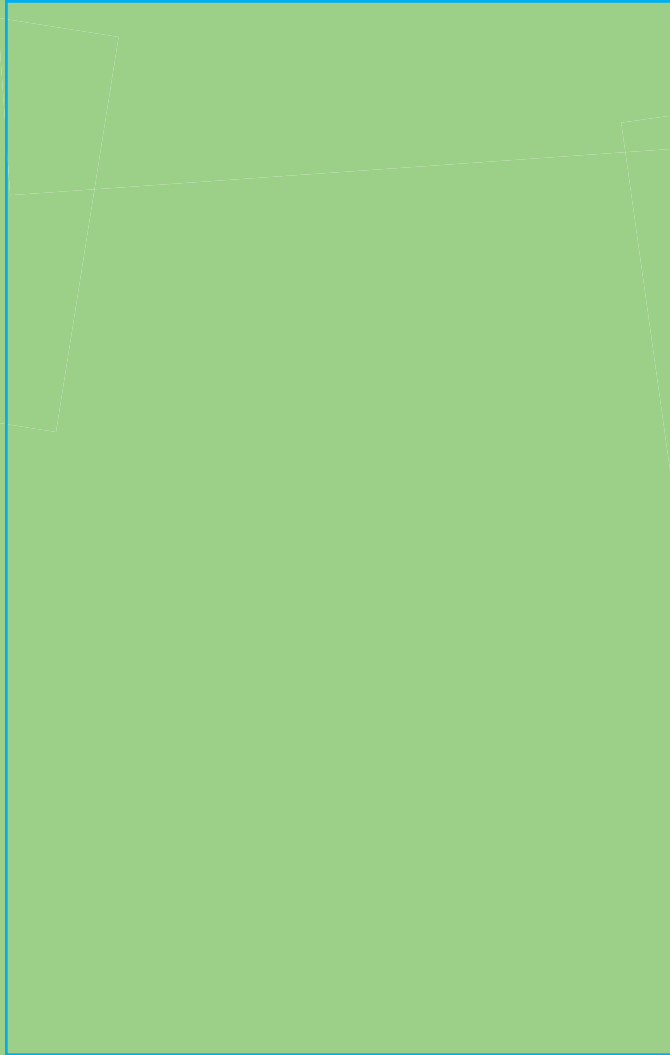




# ABOUT



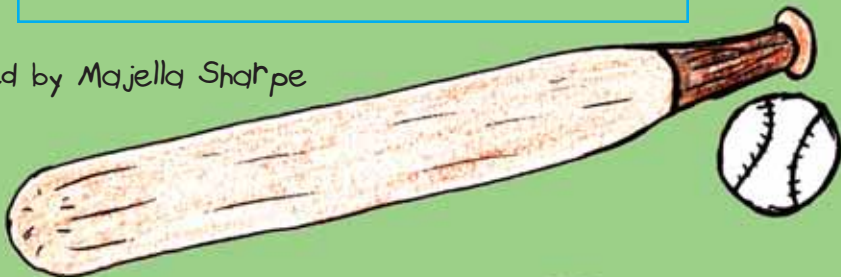
# All



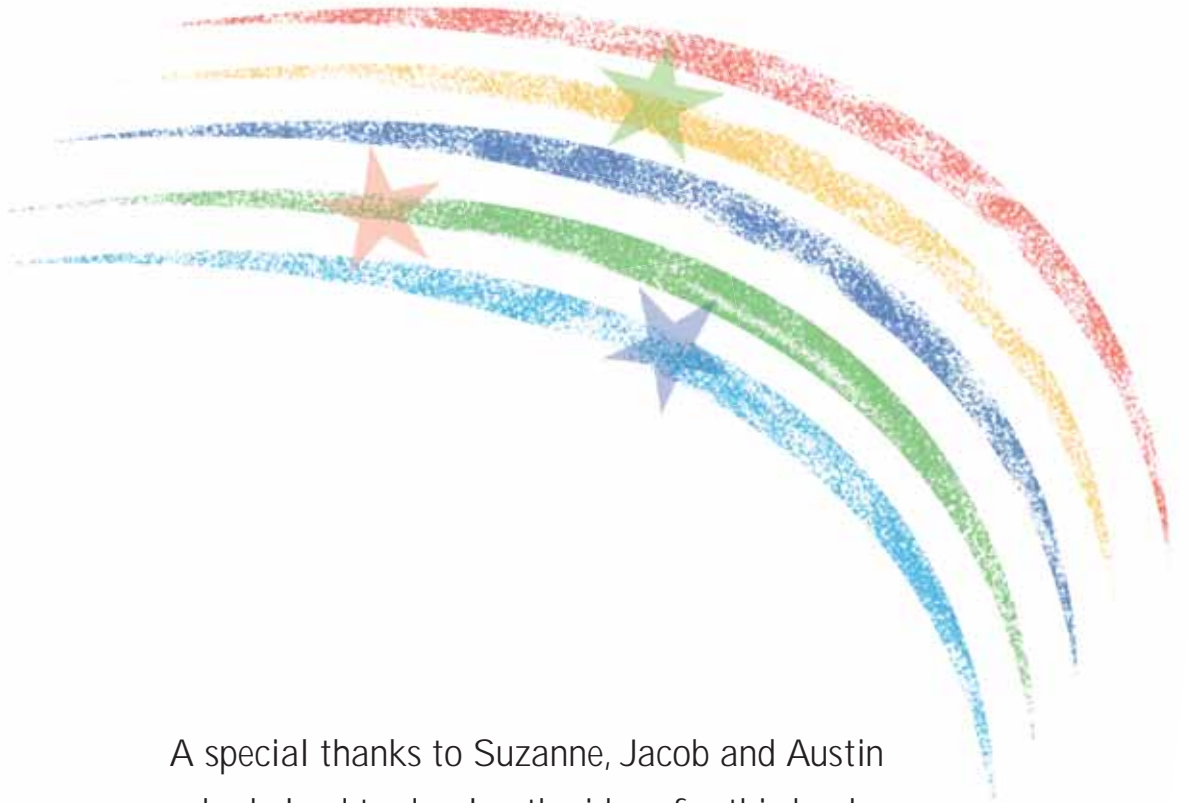
# Me



Illustrated by Majella Sharpe







A special thanks to Suzanne, Jacob and Austin who helped to develop the ideas for this book.

A special thanks as well to Majella Sharpe who provided the illustrations for this book.

Authors: Louise Bedard, Dorine Belliveau, Sue Ann Hawes, Charlotte Sheppard and Sue VanOosten.

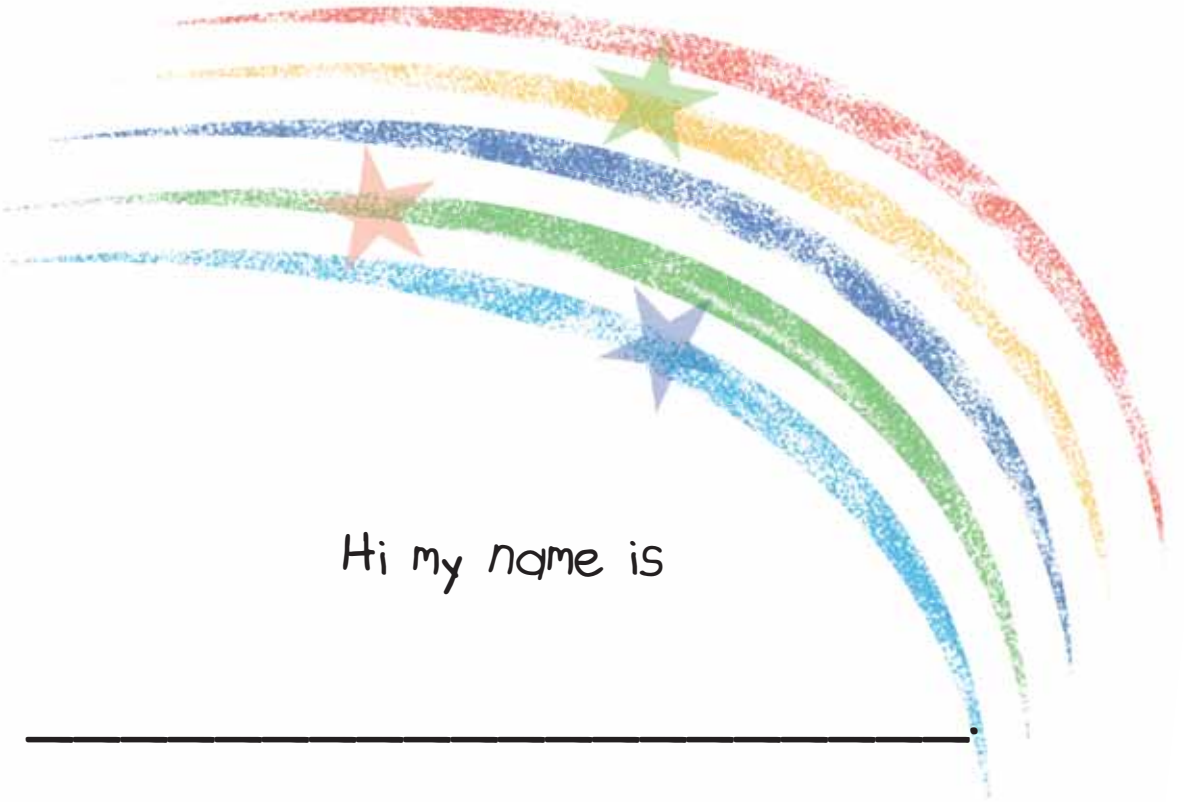


Canadian Association of  
Nurses in Hemophilia Care

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Association canadienne des  
infirmières et infirmiers en hémophilie



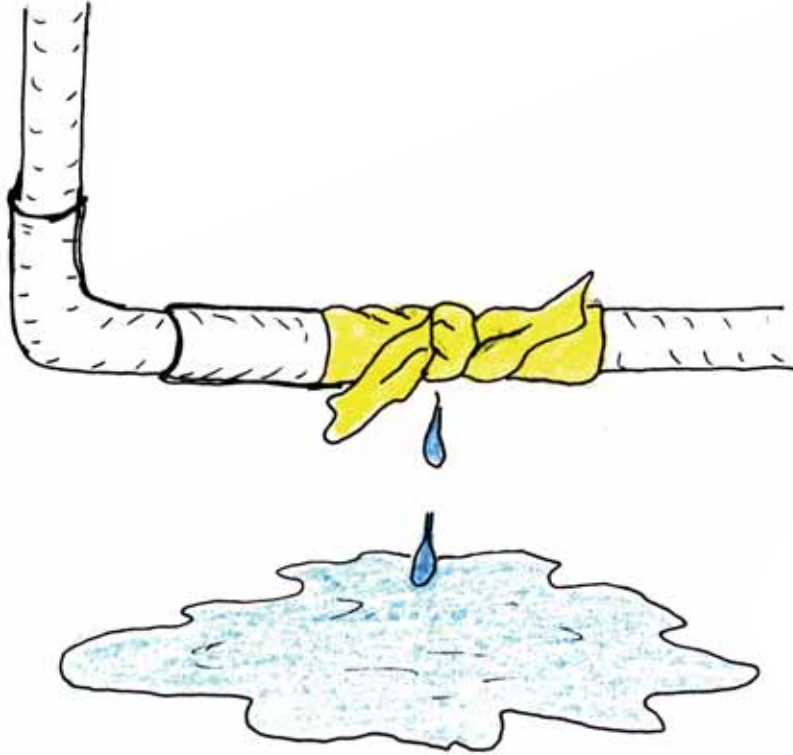


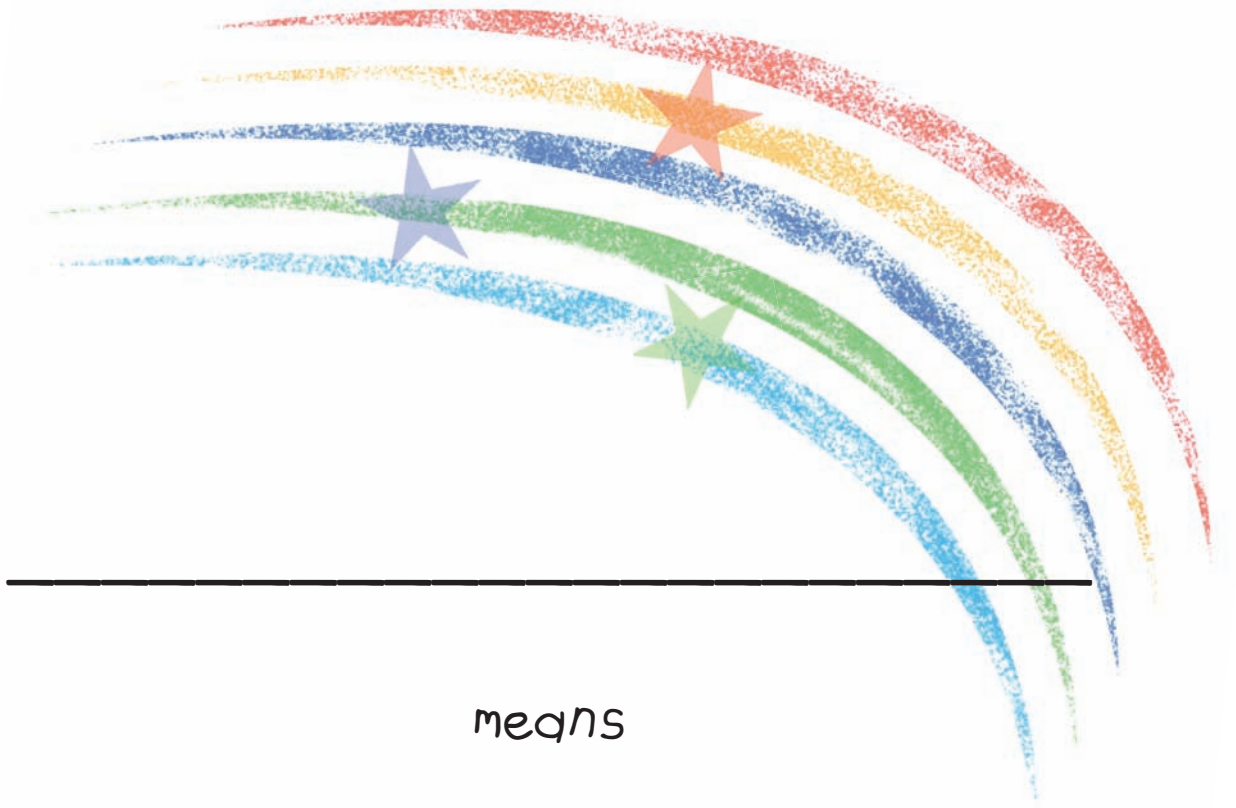
Hi my name is

I have a bleeding problem

that is called

Please don't worry. It's really not a big deal.





means

that my blood doesn't clot like yours.

A clot is like a little ball that

forms in your blood so that

the bleeding will stop.

Please don't worry, I'm going to tell you more.





Sometimes I may come to school  
with some big bumps or bruises.

My bumps and bruises happen  
just like some of my friends do.

Mine just look worse.

Please don't worry, they are really not that bad.





If I get cut,

I will bleed like my friends do.

Sometimes it takes longer to stop.

Please don't worry, a band-aid will do.





I can have nose bleeds  
and they can last a long time.

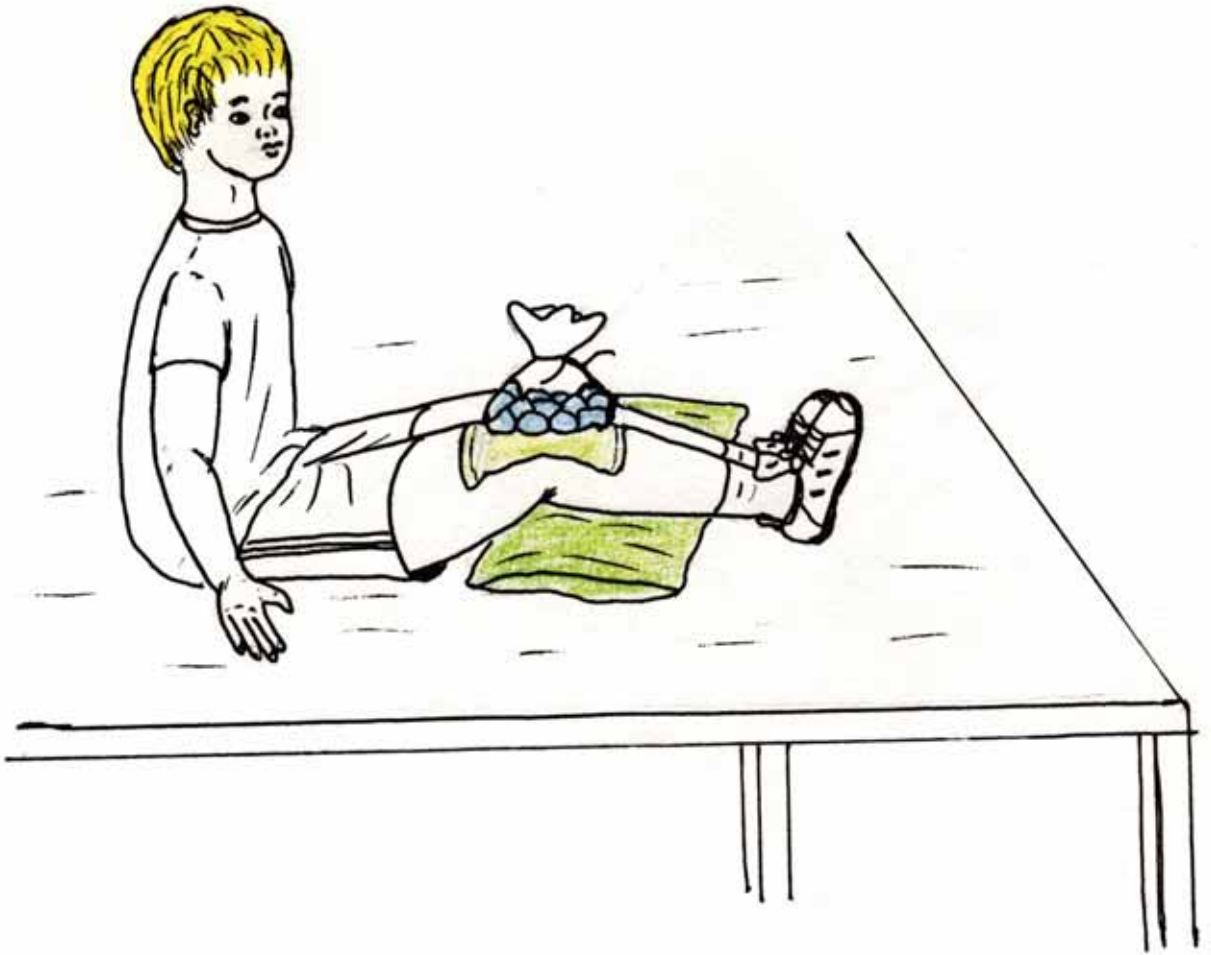
Please don't worry,  
just remind me to pinch my nose tightly.





If I get hurt, I can bruise  
or bleed inside my body.

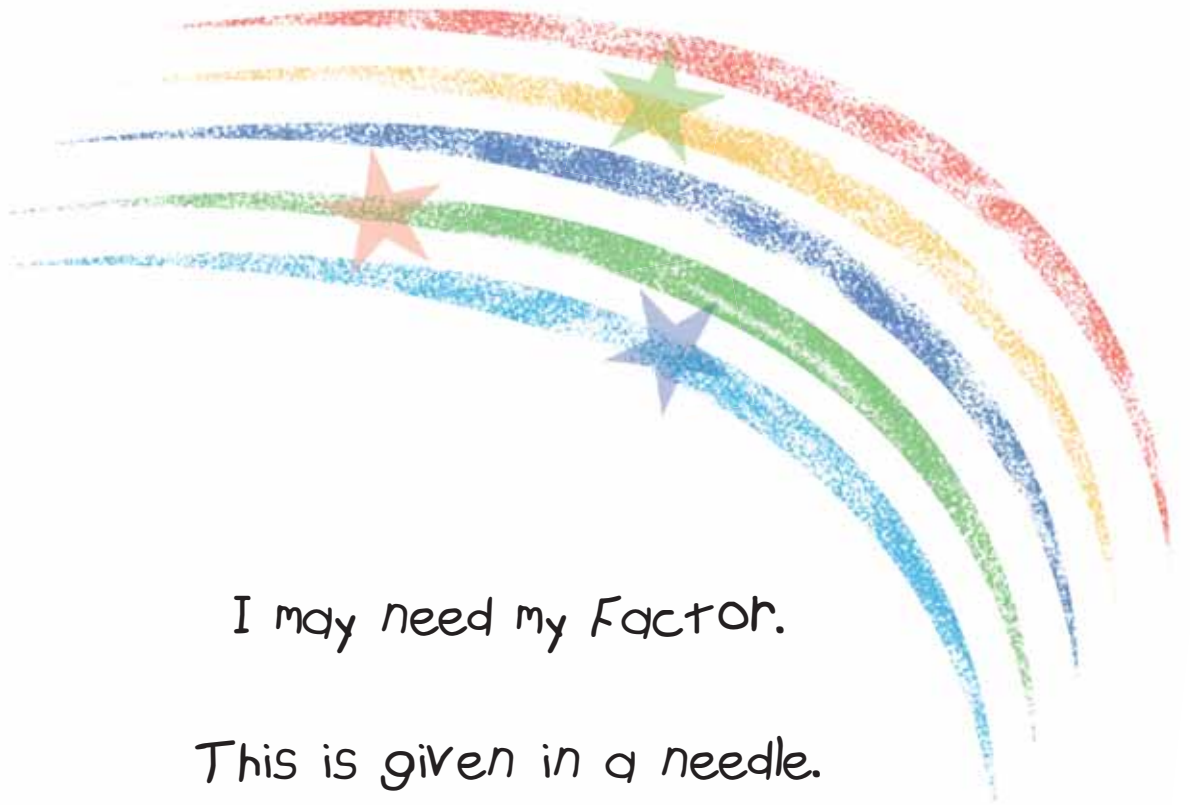
Please worry a little, we need to tell someone.





My teacher will get some ice  
and we may need to call my parents.





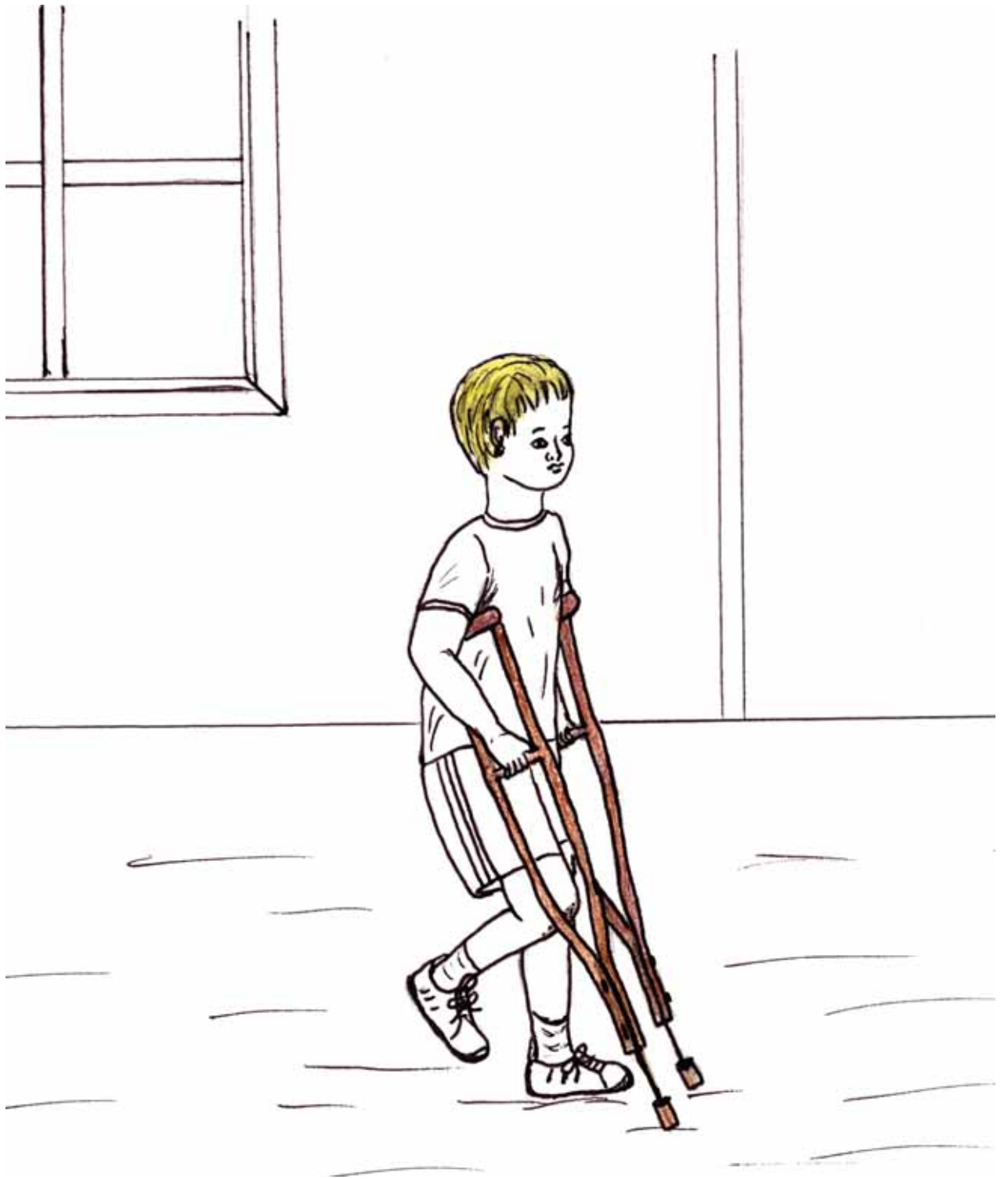
I may need my Factor.

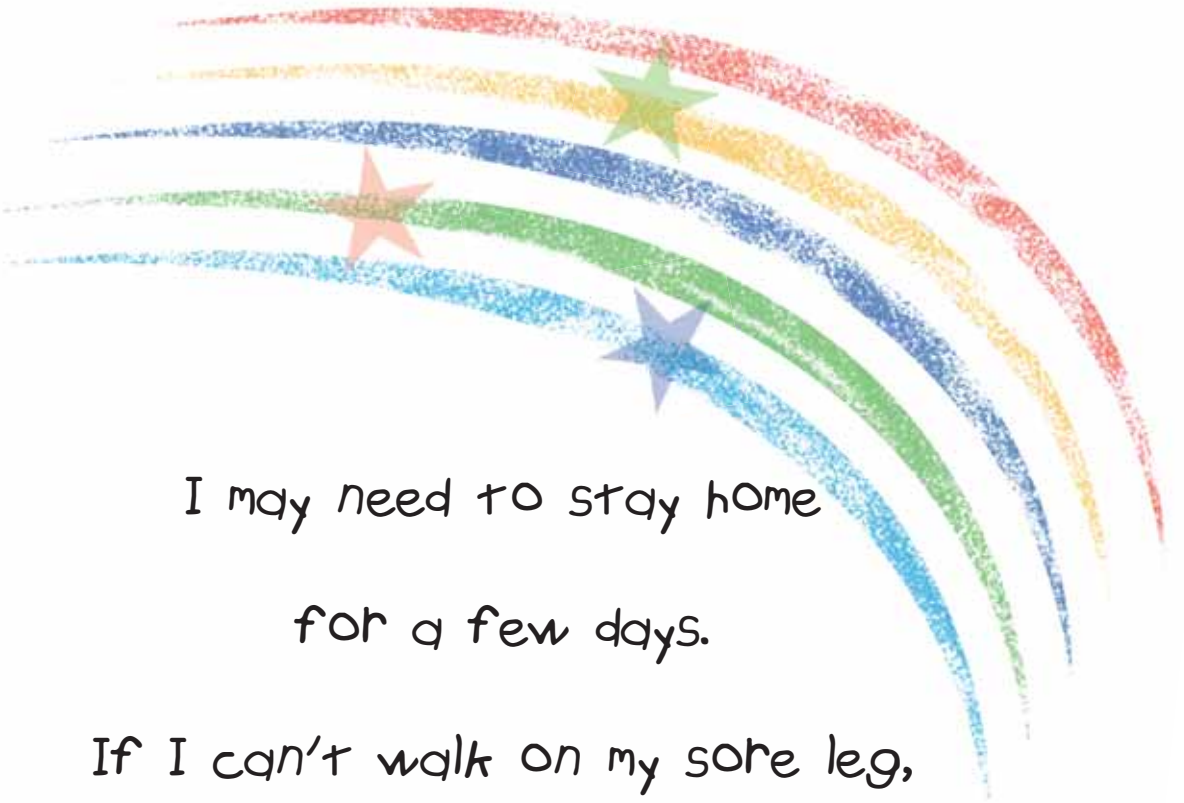
This is given in a needle.

My Factor will make my blood clot

and help me get better.

Please don't be afraid, needles only hurt a little.





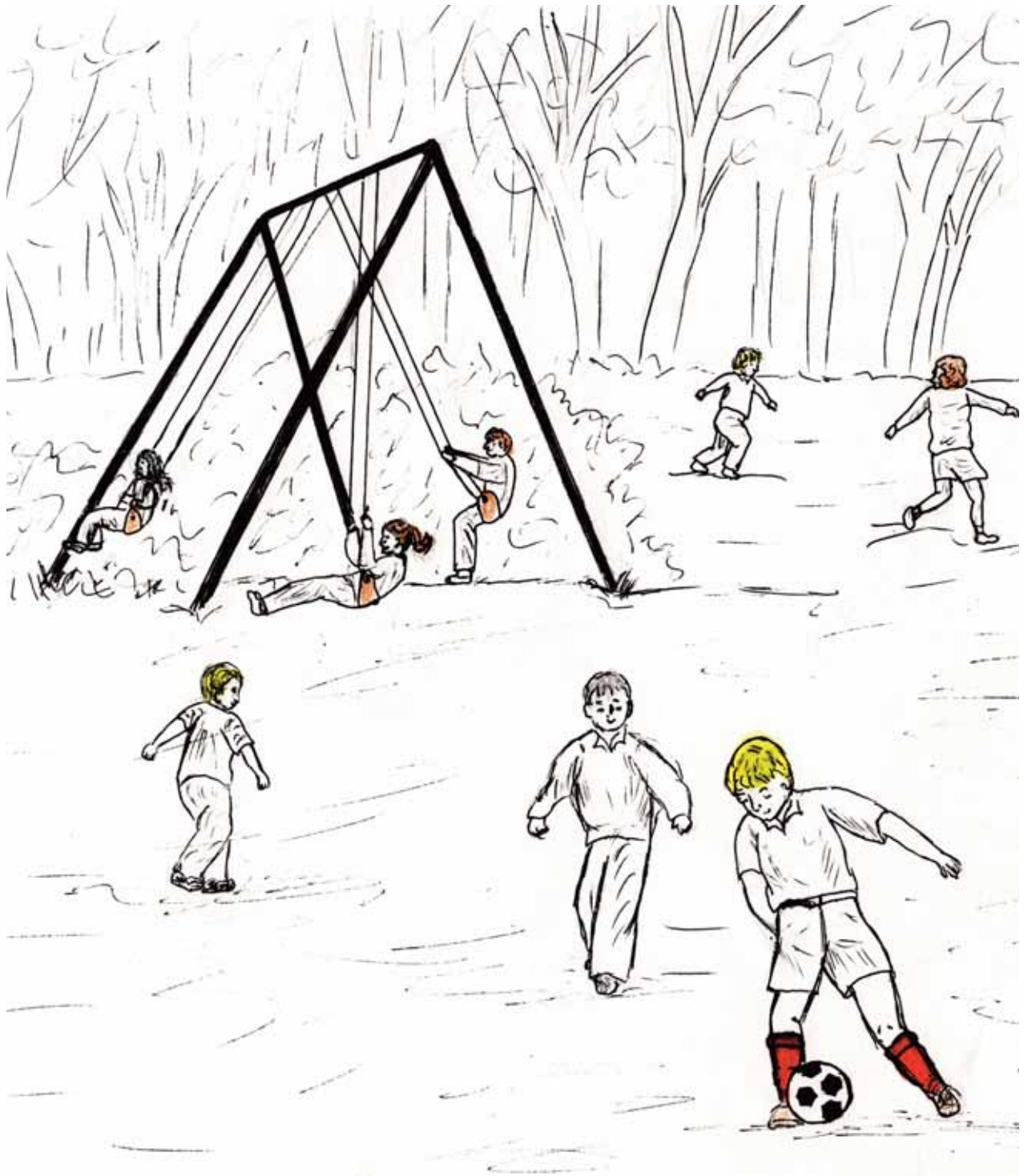
I may need to stay home  
for a few days.

If I can't walk on my sore leg,

I may need to come to school  
with crutches or a wheelchair.

I will not be able to run and play  
until I am better.

Please don't worry, it will get better.





Most of the time,

I can do gym class and play

like everyone else.

I just have to be careful not to get hurt.

I can and I LOVE

to take part in most activities.

Please don't worry,

I am a normal kid, JUST LIKE YOU!



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