

**This
book is
for you.**



Understanding
lung transplants

What are lungs?

Your lungs are like two balloons inside your chest that **help you breathe**. Every time you take a breath in, your lungs **fill up** with air.



The air you breathe in has something called **oxygen**, which your body needs to work properly.

(It's kind of like how a phone needs to be charged to keep working!)



When you breathe in, the oxygen goes from your **lungs** into your **blood**, and your heart pumps it all around your body to give **energy** to your muscles, brain, and everything else.

Then, when you breathe out, your lungs get rid of a gas called carbon dioxide, which your body doesn't need.

Did you know?

Without oxygen, your body wouldn't have the energy it needs to move, think, or even grow, so your lungs are very important!

What is a transplant?

A **transplant** is when a part of the body that isn't working well is replaced with a healthy one from someone else. This surgery can help a person breathe better and feel stronger.

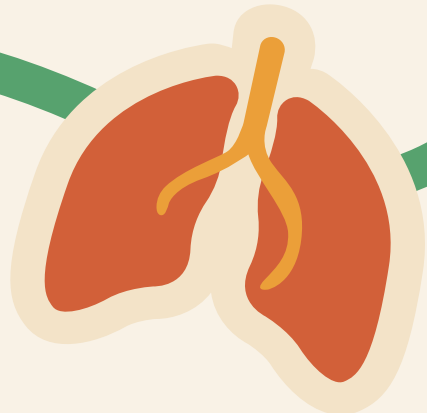
(It's kind of like when a car's engine stops working and needs to be swapped out for a new one so it can run properly again!)

Sometimes, a lung can stop working properly. Lungs can be affected by illness, injury, or other conditions, **and it can happen to anyone.**

Where does the new lung come from?

Because lungs are so important for breathing and giving our bodies energy, doctors sometimes need to replace a damaged lung with a healthy one from a **donor**.

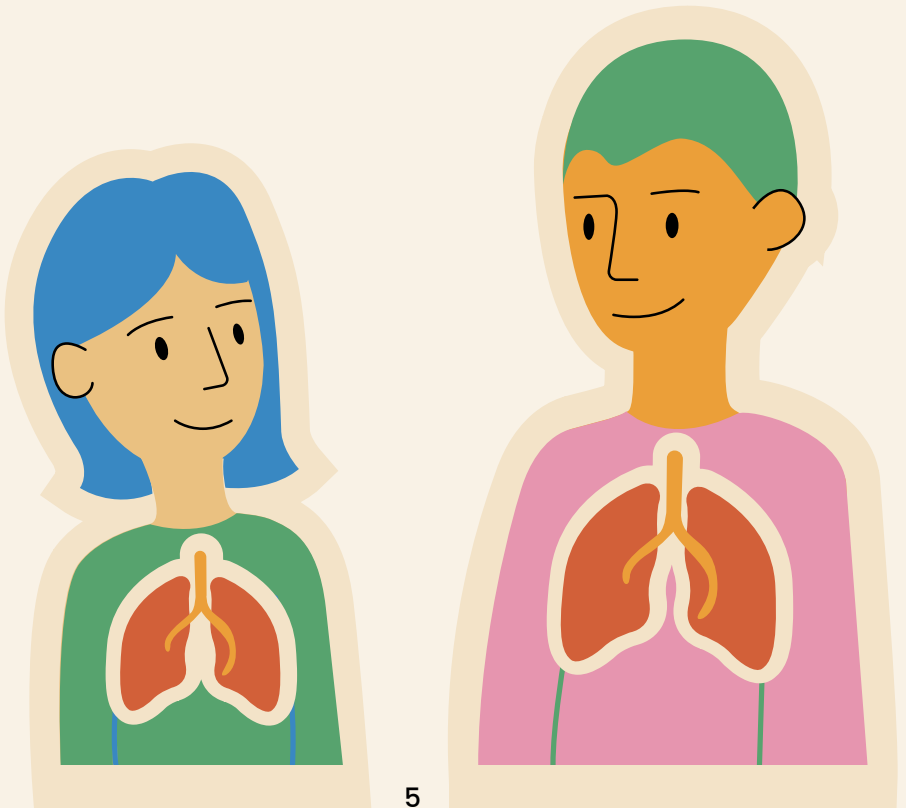
A **donor** is someone who has chosen to help others by giving their lung to the hospital after they have died and no longer need it.



When will a person get their new lungs?

Everyone's body is a different **shape** and **size**, which means different people need different sized lungs.

For example, a short person will need smaller lungs than someone who is tall.



When someone needs a lung transplant, they **might have to wait a while** before they can have the operation.

This is because the new lung has to come from a **donor** and must be the right size to fit the person's body.

Did you know?

The waiting time is different for everyone. Some people wait **a few months**, while others might wait **a few years**.

This has nothing to do with the person themselves. **Everyone who needs a lung transplant deserves one** to help them feel better. The only reason for the wait is that doctors have to find a lung that is just the right size so it can work as well as possible.

Looking
after
you 

The Person who is sick

When someone is waiting for a lung transplant, they can feel very sick and tired.

Since lungs give our bodies energy, it makes sense that a person might not feel like their usual self when their lungs aren't working properly.



How sick they feel can be different for everyone —some people might feel very unwell, while others may only notice small changes.

Some days might be better than others, but it can still be a big change.

You

This can be a lot for you too. It can be hard to see if someone you love isn't feeling well, especially if they don't seem like themselves.

It's completely **normal** to feel a mix of emotions about this. Some days, you might not be sure how you feel at all. That's okay, too.

Feelings can change from day to day, or even moment to moment. You might feel calm one minute and overwhelmed the next. **No matter what you're feeling, just know that it's valid and completely okay.**

Everyone's situation is different, and people deal with things in different ways. You also don't have to pretend everything is okay if it isn't.



Helping out

When someone you love is sick, you might feel like you need to do a lot to help them feel better.

And yes, there **are** definitely some ways you can show them that you care. Even small things can make a big difference!

You could...

- Make them some artwork
- Help out with little things at home
- Write a kind note
- Spend time with them

But here's something really important to remember: **You matter too.**



Caring for you

Sometimes when someone is sick, people focus a lot on taking care of them—but that doesn't mean **your** feelings don't matter.

Did you know?

How you feel is just as important. Your emotions affect your mood, your energy, and **how you see the world**, so it's really important to take care of yourself too.

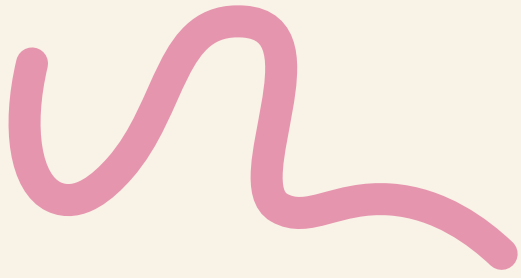
Taking care of yourself can mean different things—maybe it's talking to someone about how you're feeling, doing something you enjoy, or just taking a break when you need one. Whatever helps you feel okay, you deserve to do that.

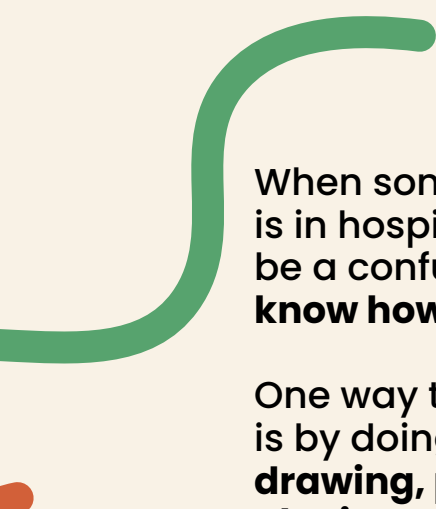
The people around you—your family, friends, and teachers—care about you and want to support you. You're not alone, and it's always okay to talk about what's on your mind.

**Things
that can
help**




**1. Do
something
creative**





When someone you love, like a parent, is in hospital and not feeling well, it can be a confusing time. **You might not even know how you feel sometimes.**

One way to help manage your feelings is by doing something creative, like **drawing, painting, writing stories, or playing music.** It's not just about having fun—it's a way to express what's going on inside, especially when it's hard to put your feelings into words.



Expressing yourself creatively can help make your feelings feel a bit lighter. It's a way to **give your mind a break** and gain some control over your emotions. The great thing about creativity is that it doesn't have to be perfect—it just has to be yours. What matters is that it helps you feel better.

Your teachers, family, and other adults around you **want to help you feel safe and supported.** Taking care of your feelings is just as important as taking care of your body.

2. Talk to someone



**problem
shared
is**

**a
problem
halved**



It's completely normal to feel a mix of emotions. You might not even know exactly what you're feeling—just that things feel off. That's why it's really important to talk to someone that you trust about what's going on.

Speaking with a trusted adult, like a family member, teacher, or school counsellor can help you understand your feelings better.

Expressing your thoughts and feelings in words can help you feel less overwhelmed. It might not fix everything immediately, but it can make the situation feel a bit more manageable.

It's also okay to ask questions. **Asking helps you understand.** You might be wondering what's going to happen.

You also might not want to talk about it sometimes, and that's okay too.

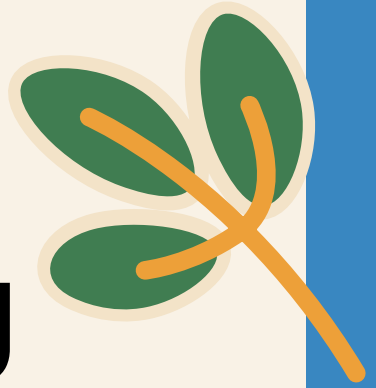
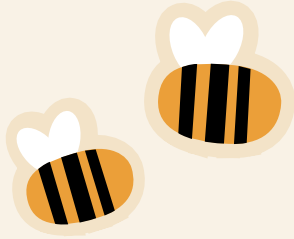
3. Journaling

One really helpful way to look after your feelings is by writing them down, like in a journal or notebook.

Writing in a journal is like having a quiet little chat with yourself. You can write about your day, how you're feeling, or anything that's on your mind. You can even draw pictures or write a story. **There's no right or wrong way to do it.**

Sometimes, when you write things down, **it helps you understand how you're feeling.** It can also help you feel a bit calmer. **You don't have to show it to anyone unless you want to—it's just for you.**

Even small things you write or draw can make a big difference. It's a gentle way to take care of your feelings.



4. Getting outside



Spending time outdoors, whether it's going for a walk, riding your bike, playing sports, or simply sitting in the fresh air can help take your mind off any worries.

It can help you step away from a tough situation and remind you that there's so much more around you. Moving your body through activities like walking, swimming, or cycling is a great way to release stress. **Even if you don't feel particularly stressed, it's always helpful to use up the energy inside you.** Everyone has energy that needs an outlet.

Being active helps you feel more grounded, present in the moment, and less caught up in your thoughts. You don't have to carry all the worry by yourself. **It's okay to take a break from thinking about everything.**

The person you care about who is unwell would want you to look after yourself too. They wouldn't want you to hold on to all the stress.

5. Make your own



Comfort Kit








While you might feel stressed, upset, or even confused sometimes, there are always little things—no matter how big or small—that can **bring you joy**. It might sound a bit strange, but even something as simple as a smell you like can make you feel happier. It's true!

Because there are so many small things that can help us feel calm or comforted, lots of people like to collect them in something called a **comfort kit**. You can call it whatever you like. It's kind of like a first aid kit, but instead of plasters and bandages, it's for your emotions.

There's no right or wrong way to make one. You just fill a box with **things that make you feel calm, happy, or safe**. These might be things that remind you of good memories, favourite scents, or objects that help you feel relaxed.



Here are some ideas of what you could put in your comfort kit:

- Photos of your favourite people
 - A smell or perfume you really like
 - A stress ball or something soft to squeeze
 - A drawing or painting of a really nice day you remember
 - A note or letter from someone special
 - Something that makes you laugh or smile
 - A small toy or object that means something to you
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It's easy to focus on the things that make us feel upset, but your comfort kit is a great reminder that there are still lots of small, special things that can bring joy—even if we don't always notice them right away.



You can **keep adding things to your comfort kit** whenever you find something new that makes you feel good. Then, whenever you're feeling a bit sad, worried, or just need a moment to yourself, you can open your kit and look through it.



The

end



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