

I've got  
an  
Inhibitor

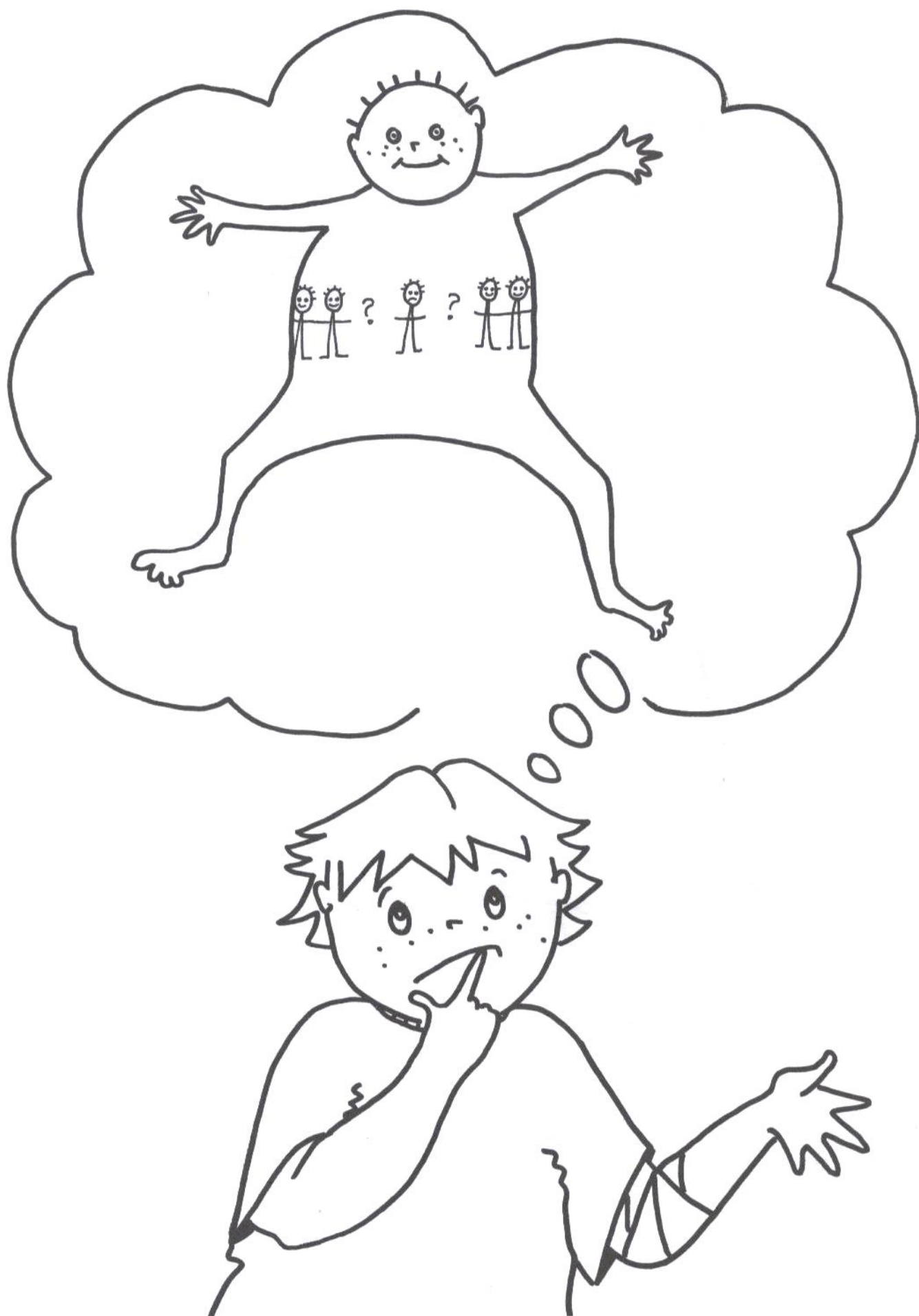


HAEMOPHILIA FOUNDATION AUSTRALIA

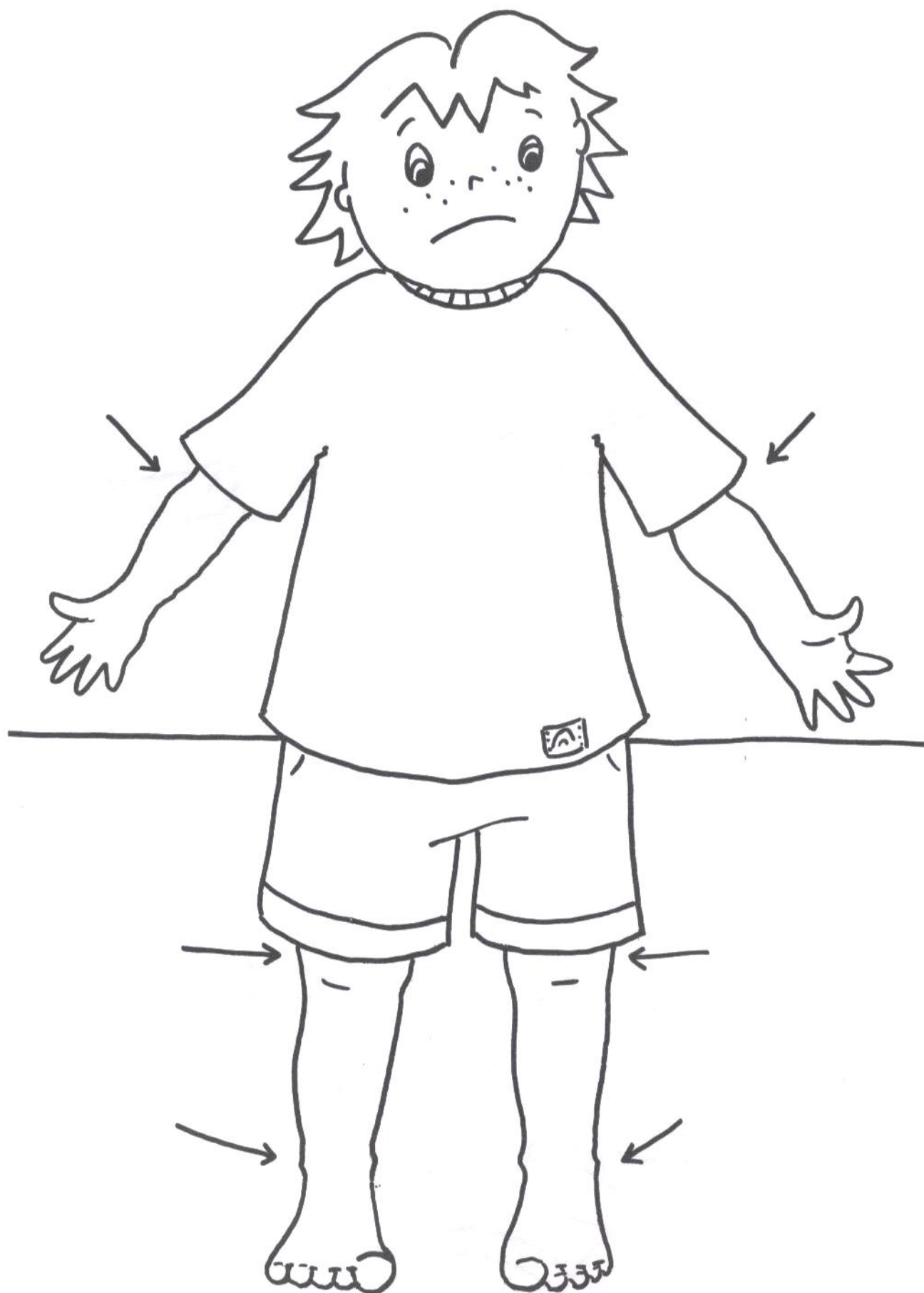


I was born with haemophilia.





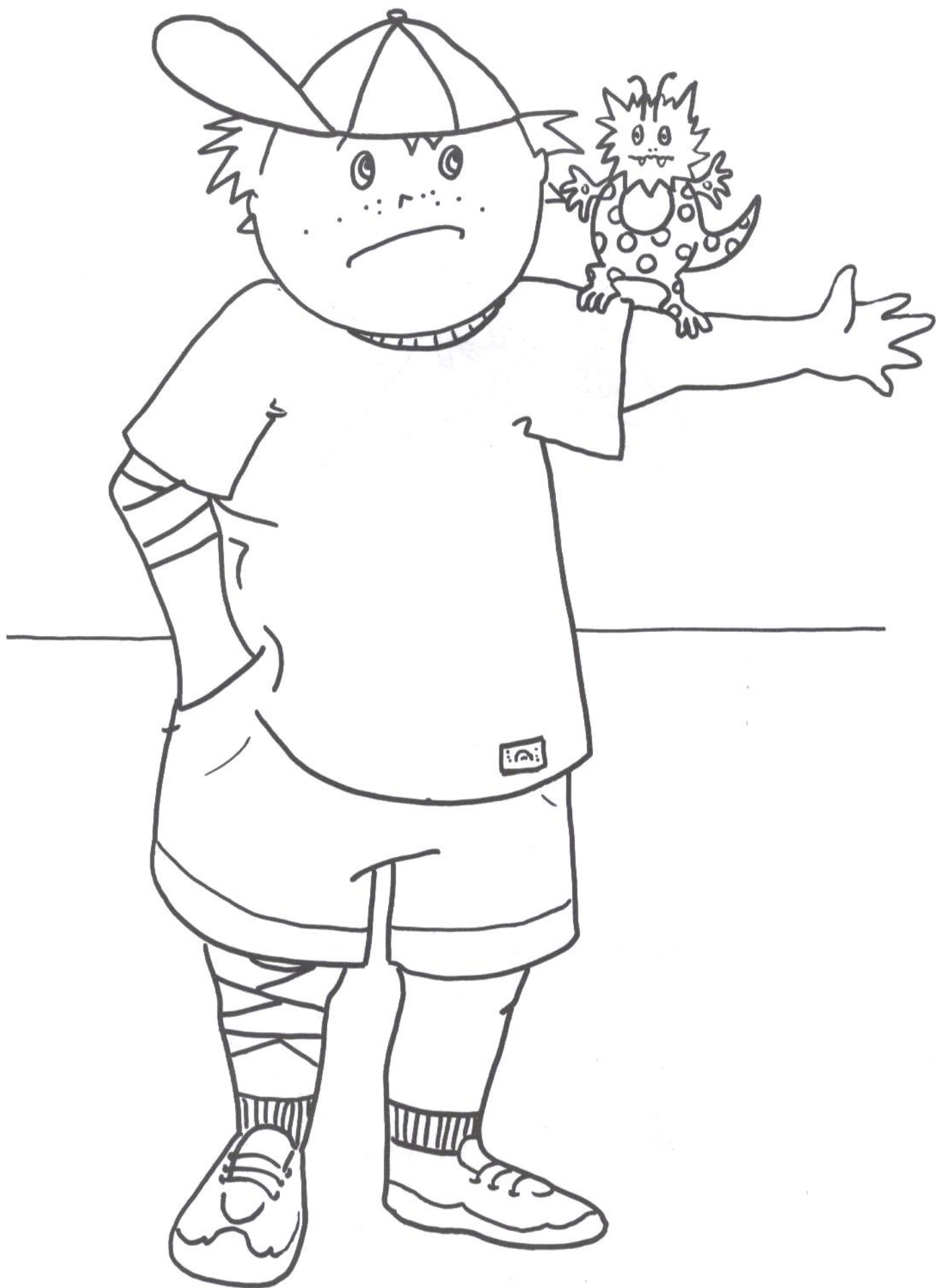
This means something is not quite  
right with my blood.



I get bleeds inside my body.



To make the bleeds stop, I used to get injections of factor.



Now I've got an inhibitor.



The inhibitor is in my body and it stops the factor from working.





This means it takes longer for the  
bleeds to stop.





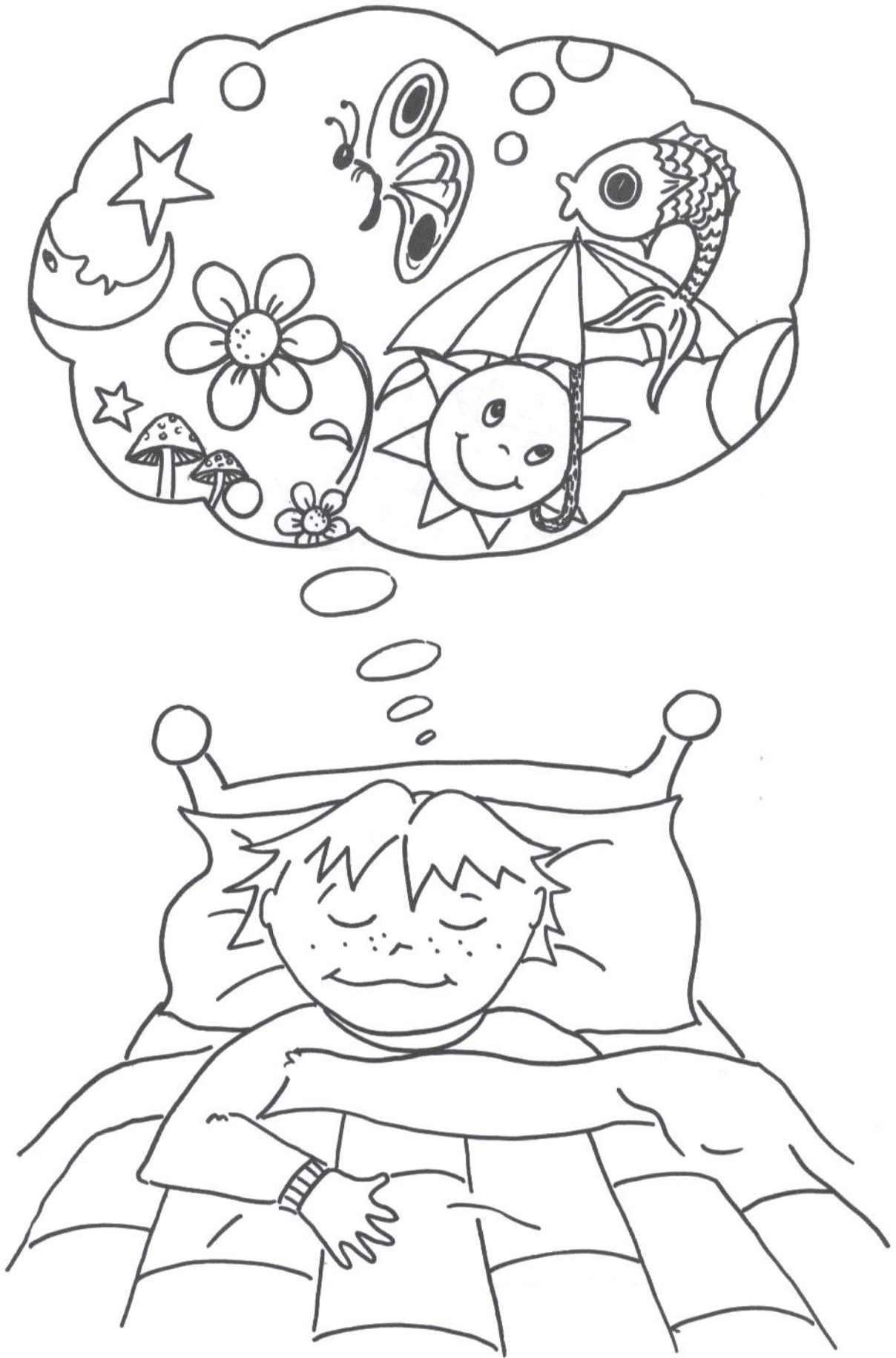
And it hurts.



Things that help me.



Things that help me.



I also like to picture stories in my mind  
to help me fall asleep.





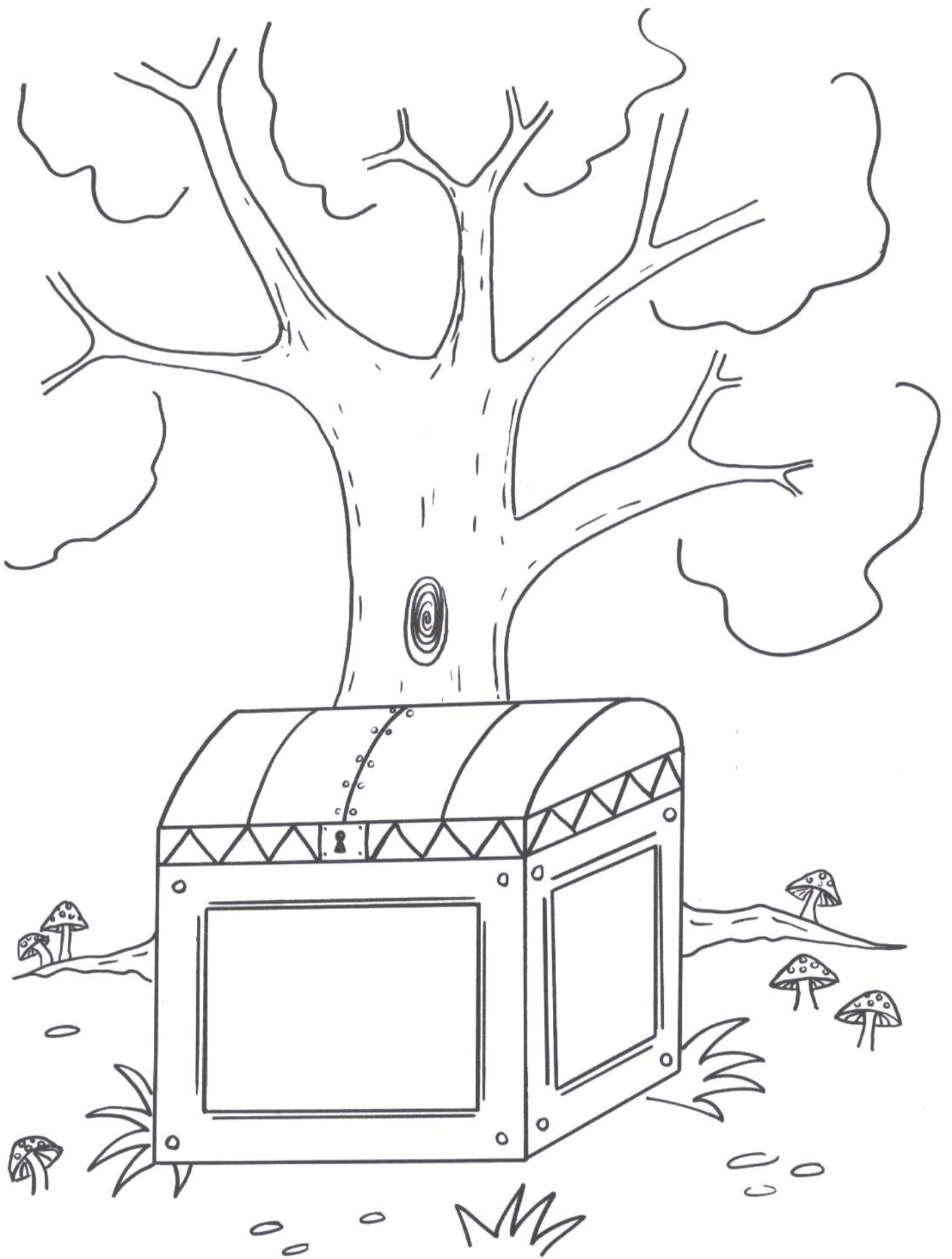
I close my eyes and listen to myself breathing slowly and quietly like a mouse.



Now I see myself walking through a forest.

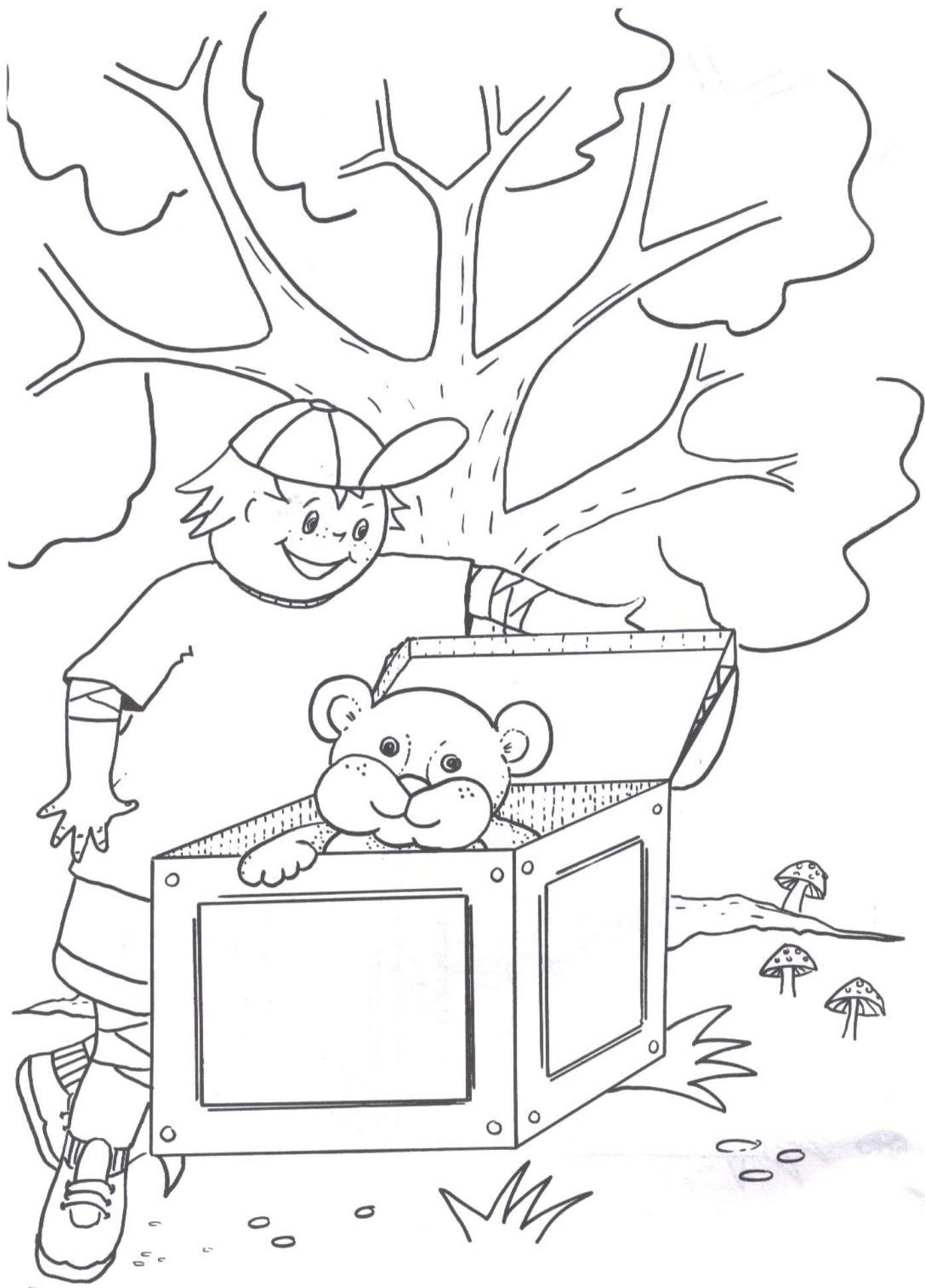


There are lion cubs wrestling with  
purple flowers.



Underneath a big tree, I can see  
a big blue box.





I slowly open the lid, and inside - there  
is a brown baby bear.



I pick him up and he gives me  
a big cuddle.



The little bear is soft and warm and makes  
me feel good.



Now I can go to sleep.



Other things that help me to sleep.

## Information for parents

This booklet is for your child who has haemophilia and inhibitors.

The aims of this resource are to give children information on inhibitors, and on how to manage them.

The last part of the book outlines a meditation exercise to help your child relax and, perhaps sleep. It is believed that relaxation helps people, including children, cope with pain.

With your assistance, your child can also create his/her own meditation stories.



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*Illustrations by Glenda Anstey-Sprigg*

For general information on haemophilia and related bleeding disorders,  
please contact:

Haemophilia Foundation Australia  
1624 High Street, Glen Iris VIC 3146  
P: 03 9885 7800 F: 03 9885 1800

E: [hfaust@haemophilia.org.au](mailto:hfaust@haemophilia.org.au) W: [www.haemophilia.org.au](http://www.haemophilia.org.au)



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