

Taking care of yourself... so you can care for your child



Tennile with her son, Jaiden,
age 9 months at transplant

One of the most important things you can do during your child's transplant journey is take care of yourself. It's the only way you'll have the strength and stamina to continue to take care of your child.

Be the Match® offers the free **Parent's Companion Program** to help you manage the emotional and physical stress you may experience while caring for your child during and after transplant.

Are you:

- The parent of a child having transplant?
- Taking on new responsibilities at home, at work or in your parenting role?
- Interested in receiving support and learning more about caring for yourself?

The **Parent's Companion Program** may be right for you. It combines the ongoing telephone support of a caregiver coach with a useful toolkit to give you tips and tools to encourage emotional and physical well-being.

Learn more and enroll at:

Website: BeTheMatch.org/companion

Email: patientinfo@nmdp.org

Phone: **1 (888) 999-6743**

