



Sarika Says

At first, you're going to be scared or nervous to talk to people about what's going on. Don't deny it, it's true. We all go through it at some point and it's completely understandable, given the situation we're in. But don't be afraid! No one's going to bite. Ask questions. The only way you're going to get over your nervousness is if you understand it. Me, I just went straight to my mom. I asked everything I wanted to know. She answered almost all my questions, and helped me through it. And she's still the same person. In the two seconds before and after you found out, the person you know didn't magically change who they are. They're still the same person you know and love. Just remember that and everything will be easier. Believe me.

From: Mathur, Soania (2015). *Shaky Hands. A Kid's Guide to Parkinson's Disease* (p.34).

Sarika's mom, Dr. Soania Mathur, has Parkinson's disease. Sarika and her sisters share their feelings in their mom's book, *Shaky Hands*.

How does Sarika's message make you feel?

What would you say to Sarika if you could send her a message?

If someone you cared about was sick, who could you talk to about your feelings?