

## *Hello, friend!*

My name is Ravyn, and I have a special story to share with you called *Ravyn's Doll: how to explain fibromyalgia to your child*. The story takes place in my classroom where I am in kindergarten. All the kids in class made paper dolls to show someone they love who is hurt or sick. I made my paper doll to look like my mom. When it was my turn to share everyone was surprised because it looked like there was nothing wrong with her!

My mom looks healthy, but she has an illness you cannot see from the outside called fibromyalgia (fi-bro-my-al-juh). She hurts all the time, so I have to be gentle when I hug her. My mom also gets tired a lot, and needs a nap so she can play with me. The sun or light can hurt her eyes, so she wears dark sunglasses. Fibromyalgia causes other medical problems, too. There is no cure for fibromyalgia, but she has medicine and treatments to help her. My mom is a brave, fibro warrior!

The paper doll I made of my mom taught my friends at school about fibromyalgia. They have shared the story of my doll with their families, and now more people know about fibromyalgia! They even asked if they could see the doll of my mom. This makes my mom and me very happy!

*My mom made me more dolls so I could share them with others and ask for them to share their stories, too. Will you help me by sharing your story with me? It's easy to do!*

Three simple steps:

1. **Tell your story.** Take a photo or video with my doll and share your fibromyalgia story.
2. **Share it.** Send your story, photo, and/or video to my mom at [melissa@ravynsdoll.com](mailto:melissa@ravynsdoll.com). She will share it at [www.RavynsDoll.com](http://www.RavynsDoll.com) OR you can share it on social media using #RavynsDoll.
3. **Pass it along.** Pass Ravyn's Doll and these instructions to a friend living with fibromyalgia, someone who knows about fibromyalgia, or a caregiver of a fibromyalgia patient. Don't forget - a caregiver can be a loved one, friend, doctor, or nurse!

Sharing my doll and your own story with your friends will spread awareness of fibromyalgia. Maybe your friends will be inspired to share their stories to *their* friends and families. If each person that received Ravyn's Doll continued to share with their group of friends, lots of people would know about fibromyalgia.

The more people know about the illness, the more support and better care fibromyalgia patients will receive. More knowledge can be learned and shared about it, too, and maybe one day we could help to improve the lives of those living with fibromyalgia. Each story shared adds up to one loud voice, so be sure you encourage others to keep sharing.

*Please turn over for more information →*

Want to make a friend for Ravyn's Doll?

My mom made doll templates so you can create a friend for my doll and you. Then when it's time for Ravyn's Doll to be passed along to the next person, you'll have a friend to stay with you!

Not sure where to start sharing your story or where to take Ravyn's Doll? No problem! Here are some suggestions of where you can take Ravyn's Doll:

- At home (when you feel well and not so well)
- Medical appointments
- Fibromyalgia events
- Wherever you want to go!

A few prompts to help you get started:

- How does fibromyalgia affect your life?
- What is one thing you want others to know about living with fibromyalgia?
- It is hardest when...?
- What helps you cope with fibromyalgia?
- What would you like to have changed in the medical field regarding fibromyalgia?
- What is it like being a caregiver? (if it applies)
- If you are a friend of someone living with fibromyalgia, how do you give support? What would you like to know more about? What is it like for you as a friend of someone living with fibromyalgia?

To learn more about the Ravyn's Doll campaign or to request one of my dolls, please visit [www.RavynsDoll.com](http://www.RavynsDoll.com). A copy of *Ravyn's Doll: how to explain fibromyalgia to your child* can also be found on the Ravyn's Doll website.

*Your friend,*



*Ravyn*