



# My SUPER Day!

**By: Veronica Dawson**





Thank you to Ms. Sue and Maureen for  
making this book possible.

Sniff! Sniff!

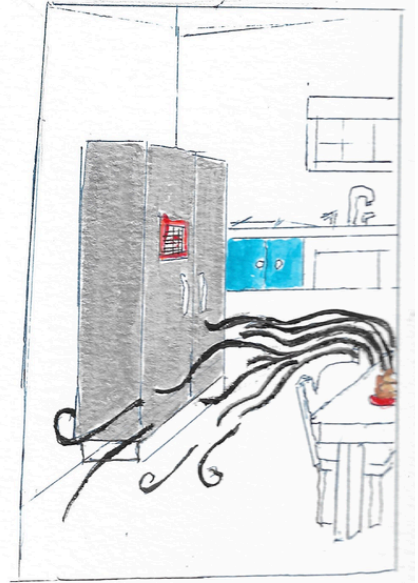
Something smells good!  
Where is it from?





**Outside  
the  
door...**

**Across  
the  
hall...**



**The smell  
is from  
the  
kitchen!**



**WOAH!!!**



**So**

**many**

**PANCAKES!**



**Before eating, I must  
take my medicine!**



**Juice makes things  
sweet!**



**So bitter!**



**I also eat my apple sauce!**

**Dad says this  
medicine takes  
extra iron out of  
my body and  
helps keep me  
healthy.  
I take my  
medicine...**

**Every Day!**





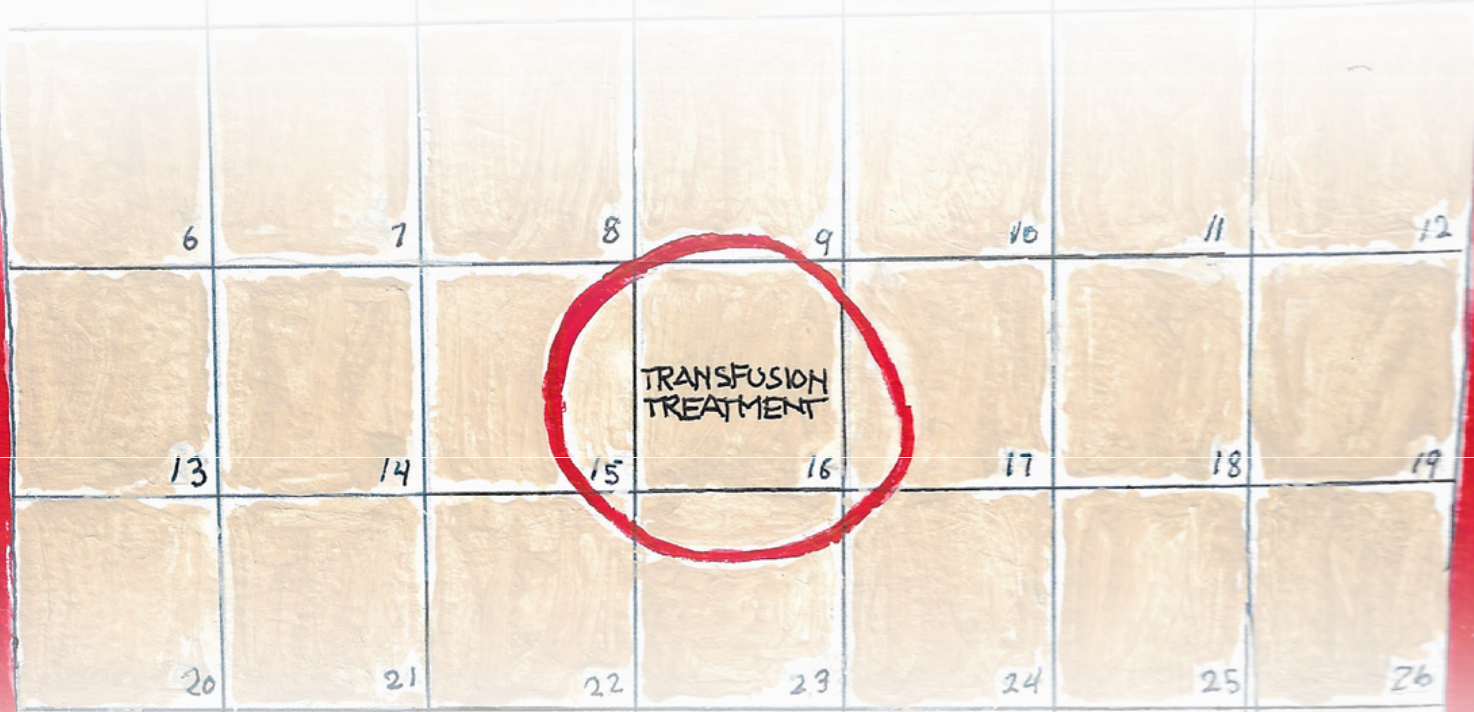
**Now I can eat!  
They taste so  
good.**

**HOLD  
ON...**

**What is  
behind the  
pancakes?**



# It's a calendar!



**I have Thalassemia, so blood transfusions keep me healthy and strong.**

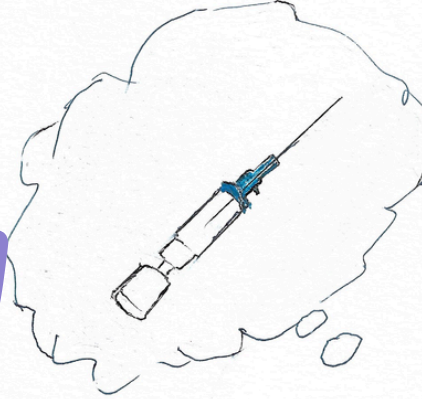


**OH NO!**

**I forgot about  
blood  
transfusion day.**

**That means  
needles, doctors,  
and nurses.**

**I am  
scared...**





Don't  
worry  
Sophia,



**Dad and Dino  
will be with  
you.  
Dino is your  
favorite.**



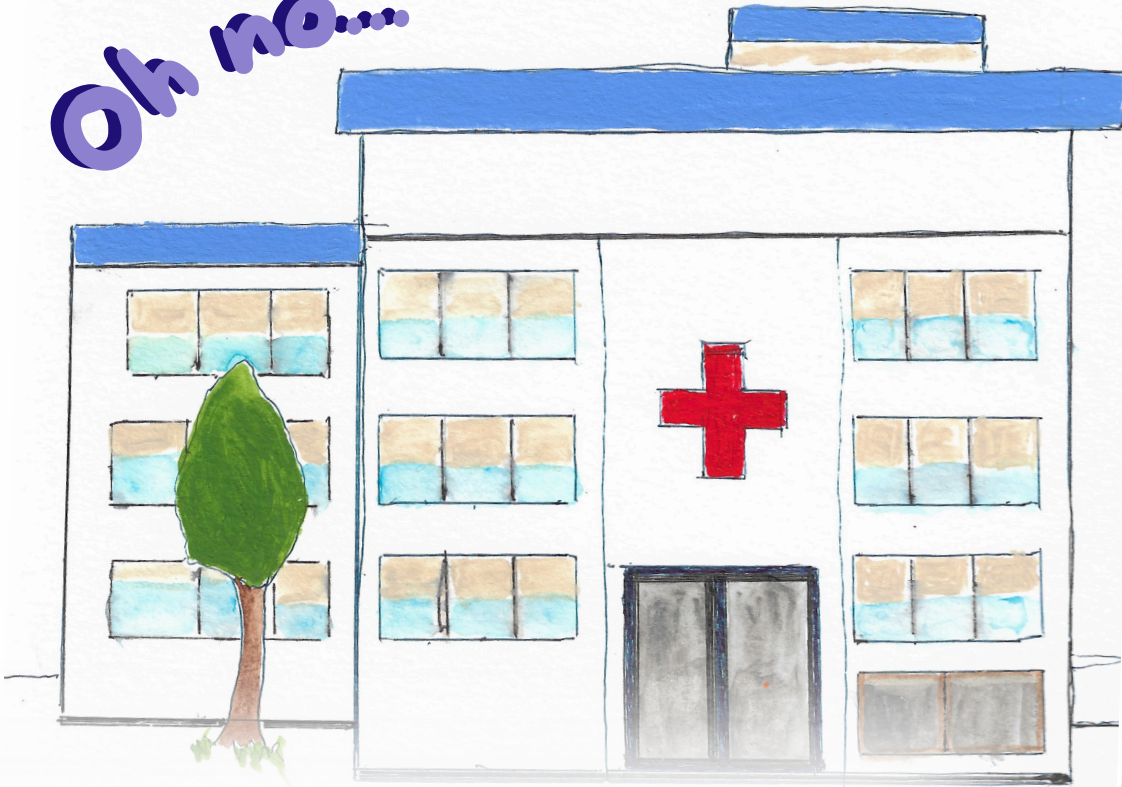
**Dino makes me  
feel...**

**~Calm~**

**I am ready for  
the hospital!**



Oh no....



The hospital looks  
so **Scary.**



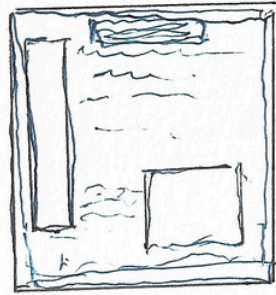
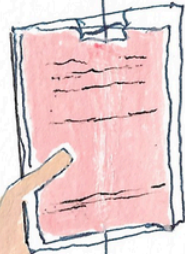
**It's OK!**

**I have  
Dino and  
family  
with me.**





**It's not scary! There are others like me.**



**"Sophia"**

**Looks like it's my turn.**



**They seem  
nice. Her**

**SMILE**

**helps me relax.**

**Treatment  
may not be  
scary.**







**I am  
scared  
again.**

**The needle  
is so...**

**BIG!**

“Do not worry, it  
will only be a

**Small**  
pinch on your  
arm.”

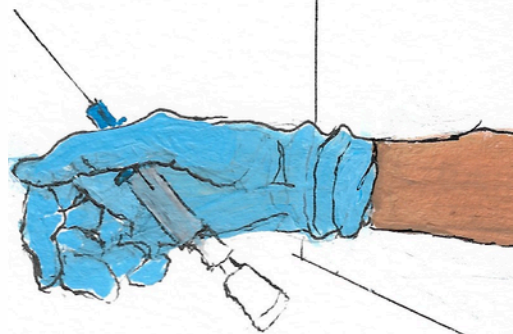


Ok...

**I can do this!**



Here it comes!







**That was not  
scary.**

**I am so  
STRONG!**

**Next is the  
transfusion of  
blood.**

**Next, I  
have to  
take  
medicine.  
The sweet  
juice  
makes it  
taste  
better!**



That was not scary.  
I get to...

**PLAY**

with Dino...

**HAVE  
SNACKS**

...and

**NAP!**



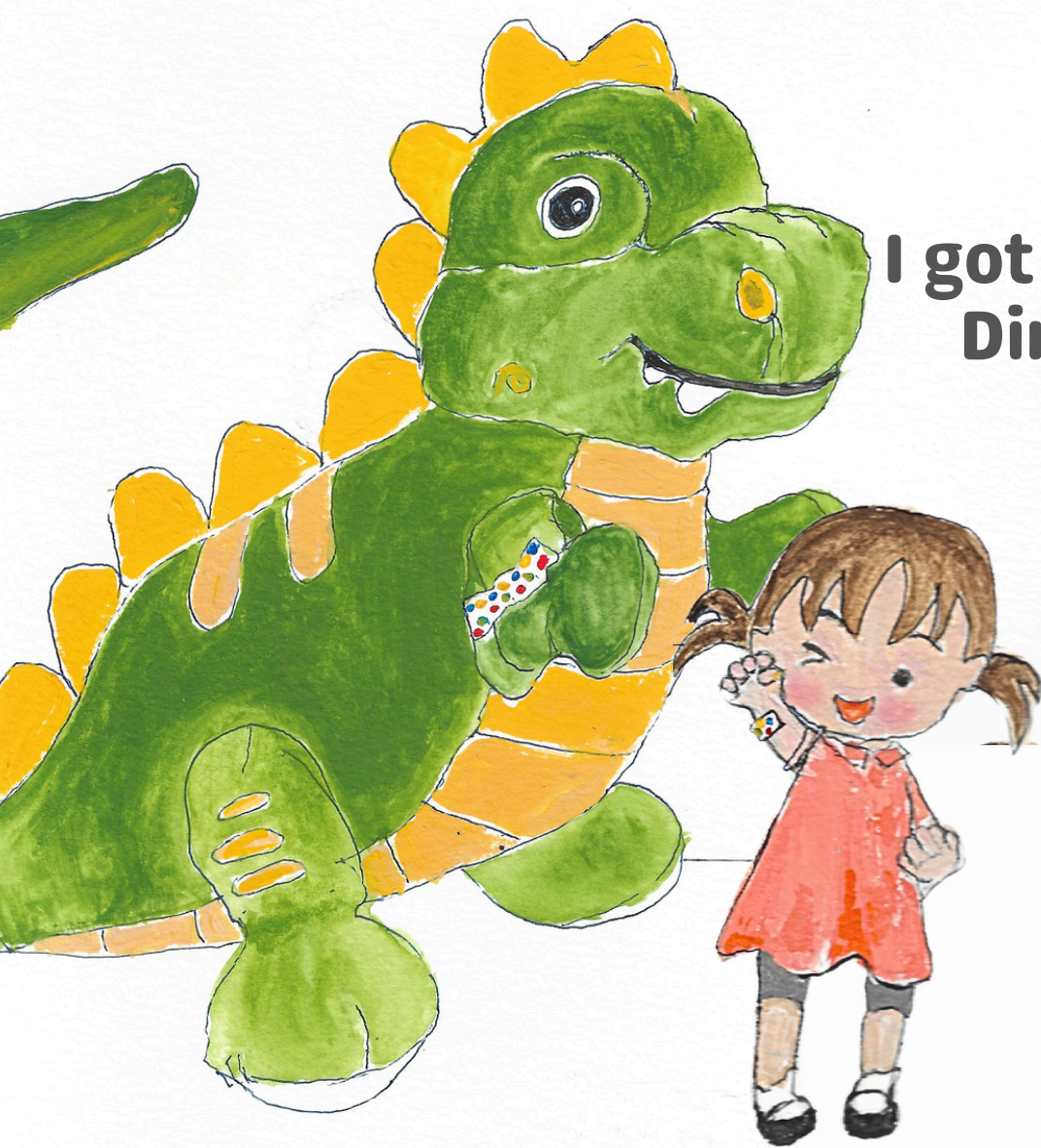


**“Wake  
up  
Sophia!”**

**It is time to go”**

**Treatment  
is over.**





**I got a fun bandaid!  
Dino has one too.**

**Today was not  
scary,**

**I feel  
STRONG.**

**I can't  
wait to go  
home!**

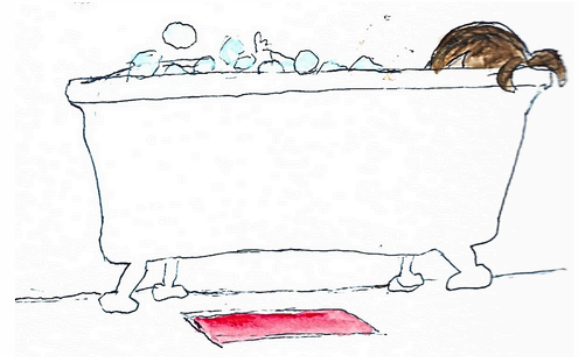


# At home...



**I ate  
dinner,**

**took a  
bath,**



**and took  
my  
medicine.**



I had a  
**GREAT  
DAY!**

**I am excited  
to play with  
friends at  
school  
tomorrow!**







# My SUPER Day!

**‘My Super Day’ follows Sophia, a young girl with Thalassemia, during a scheduled transfusion day. As Sophia navigates the blood transfusion process, she becomes confident and overcomes her fears. Hopefully, through Sophia’s journey, other children with Thalassemia will feel empowered and confident about receiving treatment.**