



WORLD FEDERATION OF HEMOPHILIA
FÉDÉRATION MONDIALE DE L'HÉMOFILIE
FEDERACIÓN MUNDIAL DE HEMOFILIA



WORLD HEMOPHILIA DAY 2015

BUILDING A FAMILY OF SUPPORT

6.9 million people have a bleeding disorder

75 per cent of them do not know it

HOW TO MAKE A FAMILY TREE

Family history is very relevant to people with an inherited bleeding disorder and taking the time to explore and learn about your genetic background is a useful and interesting tool for the whole family as well as your medical care team.

Gather as much family history as you can including: names of family members, genders, birth dates, birthplaces, as well as when and where you ancestors died.

If you want to do make a family tree online: Visit an ancestry/family tree making website and simply follow the directions from there using the information you have gathered about your family. Some popular websites include Tribal Pages, My Heritage, and Family Echo.

Begin your family tree by gathering together everything you have: This could include papers, photos, documents and family heirlooms. Rummage through your attic or basement, the filing cabinet, the back of the closet....

Make a rough draft of your family tree: Start with yourself and work your way outwards towards your mother, father, and their parents/children/siblings.

Then check with your relatives: See if they have any family documents they are willing to share. Clues to your family history might be found on the backs of old photographs, in the family bible, or even on a postcard. If your relative is uneasy with lending an original, offer to have copies made.

While you are collecting family records, set aside some time to interview your relatives. Start with your parents and then move on from there. Try to collect stories, not just names and dates, and be sure to ask open-ended questions.



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Try these questions to get you started:

- What is your full name? Do you have a nickname? Did you have one as a child?
- When and where were you born?
- How did your family come to live there?
- Were there other family members in the area? Which family members?
- Do you have family elsewhere? Does anyone keep in touch with them?
- What was/is the full name of your spouse? Siblings? Parents?
- Where and when did you get married?
- What stories have you been told about your parents? Grandparents? More distant ancestors?

Write down everything you have learned from your family and begin to enter the information in family tree chart. If you're unfamiliar with these traditional family tree forms, you can find step-by-step instructions in filling out genealogical forms. These charts provide an at-a-glance overview of your family, making it easy to track your research progress.

Explore the Internet for information and leads on your ancestors. Good places to start include databases, message boards, and resources specific to your ancestor's location. If you are new to using the internet for genealogy research, there are many sites to help get your started.