



BREAKING NEWS Toddler thrown out window, dies before N. Hollywood fire, police say

HOSPITAL

Share G+1 Tweet Email



COOL KID ALYSSA SIMMONS COMFORTS SICK CHILDREN

This week's ABC7 Cool Kid is Alyssa Simmons, who wrote a book to help sick children cope with hospitals.

MORE STORIES



Man, 54, injured in stabbing after Simi Valley bar fight



Thousands mourn death of one of the viral 'hugging twins'



Public helps Azusa mom replace stolen toys for kids with cancer



Toys donated in honor of Azusa boy who died of cancer stolen

ESPN

Gabby Douglas hospitalized, misses MTV Video Music Awards

reset



Information of 700 patients stolen from LAC+USC Medical Center



ESPN
Cardinals coach Bruce Arians taken to hospital prior to practice



4 injured, 2 critically, by truck in MacArthur Park 'accident'



Duarte hospital trains for nuclear explosion scenario



Mom gives birth to baby in toilet at Torrance hospital



THC-laced candy sickened 19 at quinceanera in San Francisco, officials say

ESPN

Giants manager Bruce Bochy to remain hospitalized overnight

SHOW MORE

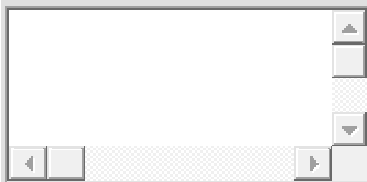
reset

[COOL KIDS](#)

COOL KID ALYSSA SIMMONS COMFORTS SICK CHILDREN



[EMBED </>MORE NEWS VIDEOS](#)



This week's ABC7 Cool Kid is Alyssa Simmons, who wrote a book to help sick children cope with hospitals. (KABC)

By [Brandi Hitt](#)

Thursday, October 20, 2016 05:50PM

FOUNTAIN VALLEY, Calif. (KABC) --

This week's ABC7 Cool Kid is Alyssa Simmons, who wrote a book to help sick children cope with hospitals.

The Laguna Hills High School student was born with sickle cell anemia and said she knows what it's like

to be in the hospital.

"I know what it's like to be in the hospital and feel alone and feel like you have no one to talk to or everyone's forgetting about you," Alyssa said.

Alyssa wrote "Life Behind the Books," which details her own personal, even sometimes painful experiences in the hospital.

She hopes the book can help other children coping with similar issues.

"To heal people, to help their problems and for them really to know that there's someone out there that's going through the same things that they might go through. The same conflicts and the same obstacles," Alyssa explained.

The honors student also donates custom blankets, toys and volunteers to tutor children hospitalized for a week so that they don't fall behind in school.

An advocate now for younger patients, Alyssa hopes her work will also inspire others to give back.

"It makes you feel better and just know that you're helping people," she said.

Know an amazing young person making a difference in the community? [Learn how to nominate them to be an ABC7 Cool Kid at abc7.com/coolkids.](#)

Related Topics:

[societycool](#) [kidshospitalbookschildren's healthvolunteerismcharitycommunityFountain ValleyLaguna HillsOrange County](#)

(Copyright ©2016 KABC-TV. All Rights Reserved.)