

GOOD THINGS ABOUT BEING A SIBLING



ALTHOUGH HAVING A SIBLING WHO IS POORLY CAN BE REALLY HARD THERE ARE ALSO GOOD THINGS THAT CAN COME FROM IT.

YOU CAN STILL HAVE FUN AND PLAY WITH YOUR SIBLING, YOU MIGHT EVEN LEARN NEW GAMES AND FUN THINGS TO DO

YOU MIGHT MEET NEW PEOPLE WHO HAVE SIBLINGS LIKE YOURS

THINK OF ALL THE THINGS YOU ENJOY DOING WITH YOUR SIBLING AND WHAT MAKES YOU PROUD

WHAT CAN I DO TO HELP?

- * ASKING TO BE INVOLVED WITH CERTAIN THINGS LIKE HELPING WITH ROUTINES OR REWARDS
- * LEARNING ABOUT YOUR SIBLING'S ILLNESS/CONDITION CAN BE REALLY USEFUL
- * REMEMBER, YOUR PARENTS OR GROWNUPS MIGHT BE STRUGGLING TOO. IF THEY SEEM UPSET IT ISN'T YOUR FAULT BUT YOU CAN HELP BY BEING KIND AND HELPFUL AND TALKING TOGETHER
- * IT IS OKAY TO SHOW YOUR FEELINGS AND TO ASK ANY QUESTIONS

WE HOPE YOU FOUND THIS HELPFUL!



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A SIBLINGS GUIDE TO WHEN YOUR BROTHER OR SISTER IS POORLY



YOUR FEELINGS

LOTS OF CHILDREN OFTEN FEEL LOTS OF DIFFERENT FEELINGS ABOUT THEIR SIBLINGS AND THEIR ILLNESS. IT IS NATURAL TO HAVE MIXED FEELINGS AND FOR THESE TO CHANGE. WHATEVER YOU ARE FEELING IS OKAY

HERE ARE SOME FEELINGS YOU MIGHT HAVE FELT:

HAPPY

FEELING HAPPY IS ALWAYS GOOD. IT IS OKAY TO DO THINGS YOU ENJOY THAT MAKE YOU **HAPPY** EVEN WHEN THINGS ARE HARD



ANGRY

IT IS OKAY TO FEEL ANGRY AND IT CAN HELP TO TELL **SOMEONE** HOW YOU ARE FEELING. SOMETIMES WE MIGHT NEED TIME TO **CALM DOWN** BEFORE SORTING THINGS OUT



SAD

YOU MIGHT FEEL SAD THAT YOUR SIBLING IS **POORLY** AND CAN'T DO EVERYTHING OTHER CHILDREN CAN DO. IT IS OKAY TO **CRY** IF YOU FEEL SAD



WORRIED

EVERYONE HAS WORRIES, THESE ARE NATURAL BUT IT CAN BE HELPFUL TO TALK ABOUT THEM TO SOMEONE YOU TRUST OR **WRITE THEM DOWN** IN A WORRY DIARY



GUILTY

YOU MIGHT FEEL GUILTY ABOUT DOING THINGS YOUR SIBLING CAN'T OR NOT WANTING TO **PLAY** WITH THEM ALL THE TIME. IT ISN'T YOUR FAULT YOUR SIBLING IS **POORLY** AND IT IS OKAY TO DO THINGS ON YOUR OWN



JEALOUS

YOU MIGHT FEEL JEALOUS IF YOUR SIBLING GETS ALL THE **ATTENTION** AND YOU FEEL **IGNORED**. EVERYONE FEELS JEALOUS SOMETIMES BUT TELLING YOUR GROWN UPS HOW YOU FEEL CAN REALLY HELP.



EMBARRASSED

YOU MIGHT FEEL EMBARRASSED IF PEOPLE **LOOK AND STARE** WHEN YOU ARE WITH YOUR SIBLING. IT IS OKAY TO FEEL LIKE THIS, EVERYONE GETS EMBARRASSED FOR DIFFERENT REASONS



PROUD

YOU MIGHT FEEL PROUD OF HOW YOU AND YOUR FAMILY HAVE **COPE**D AND EVERYTHING YOUR SIBLING HAS DONE. IT IS **GOOD** TO THINK OF THINGS YOU ARE PROUD OF AND WHAT IS GOING **WELL**.



ASKING FOR HELP



- * HAVING A **POORLY** SIBLING CAN BE REALLY DIFFICULT
- * SOME DAYS YOU MIGHT FEEL REALLY SAD, OR ANXIOUS, OR STRESSED, AND IT IS REALLY IMPORTANT TO LET SOMEONE KNOW.
- * IT IS OKAY TO FEEL THESE THINGS BUT IT IS ALSO IMPORTANT TO ASK FOR HELP AND SUPPORT IF YOU NEED IT

WHAT CAN YOU DO TO LOOK AFTER YOURSELF:

IF YOU ARE FEELING REALLY WORRIED DO THINGS YOU ENJOY SUCH AS **COLOURING**, **READING**, **EXERCISE** OR WATCHING A FILM

MAKE SURE YOU ARE **EATING**, **DRINKING** AND **RESTING** WHEN YOU NEED TO

TAKE TIME FOR YOURSELF TO ENJOY WITH YOUR **FRIENDS** AND HAVE **FUN**

TELL SOMEONE AND SHARE THE WORRY

- IT IS IMPORTANT TO LOOK AFTER YOURSELF. IF YOU HAVE ANY WORRIES ABOUT YOUR SIBLING YOU CAN COME AND TALK TO US!

- YOU CAN ALSO FIND INFORMATION ONLINE:
WWW.YOUNGSIBS.ORG.UK
WWW.KOOTH.COM
BEAM—IN SHROPSHIRE

