

Tîm Camau Bach

Sibling Support and Information



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carmarthenshire.gov.wales



Cyngor Sir Gâr
Carmarthenshire
County Council



Sibling information

Our sibling support offers activities, information and practical advice to help children who have a brother or sister with a disability. Being a sibling can be very hard and you may have a whole mixture of issues to deal with at home. Some experiences may be positive and fun, and others may be hard to deal with and can make you feel upset and angry. This is quite normal, and you are not on your own!! Look at our tips below that can help you.



Your brother/sister may have a condition or disability which makes it hard to play, learn, sleep, eat and be like you. He/she may behave in a different way to you and may need a great deal of help from Mum and Dad and the family. Ask your parents and family to tell you all about your brother/sisters' disability and why he/she behaves in a different way or does not play with you. This will help you understand and help you to find ways to have fun with your brother/sister. You will also find it easier to tell your friends when they ask about your brother/sister and you will feel more comfortable and in control.

Feelings

It's quite normal for you to feel all these emotions in one day! Some days you may be happy to start, and something happens at home and you feel angry or jealous and frustrated as your brother/sister has all Mum and Dad's attention. You may feel worried about your brother/sister especially if they are not well. You may feel shy and embarrassed about your brother/sister and you may not want friends to come to play at your house. This can make you feel lonely and left out. Some activities that can help you are: -



Feeling Sad? What can you do?

- Tell someone else that you feel sad. Tell your Mum or Dad, Grandparents or your friends.
- Have a cuddle with someone you love.
- Cuddle your pet
- Do something you like to make you feel better, some colouring or drawing, a walk in the garden, watch your favourite programme, play a favourite game.
- Have a little cry if it helps. Sometimes we need to cry to feel better.



Helping you feel happy!

- Put a date on the calendar – something you are really looking forward to.
- Listen to your favourite music every day and do some dancing.
- Make a collage of all the things you like and people you love. Use photos or drawings and put up them up on your wall.
- Paint a picture
- Blow some bubbles and chase them.
- Read your favourite book
- Play a board game or card game



Feeling worried? Here's what to do?

Talk to your Mum or Dad about being worried. Parents prefer it when their children tell them what they are worried about. If you can't talk to Mum and Dad tell your teacher or friend who can help.

Write/Draw your worries in a diary. It is best they are down on paper and out of your thoughts.

Play with Playdough, kneading and rolling is good for calming down and relaxing.

Make a worry box or Jar to put all your worries in.



Guilty Feeling What's that?

CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.
Keep going until you have finished tracing your hand.



You may feel sad, low and heavy in your tummy and generally not feel nice. You may feel this feeling because your brother/sister cannot do the same things as you and cannot play and learn like you.

It's important for you to do things you like doing and enjoy your life and friends.

It's nobody's fault your brother/sister has a disability. It's just the way it is in your family.

Think about all the fun things you can do with your brother/sister? Can you laugh together or smile together? Can you blow bubbles and play with them? Can you play chase in the garden? Think about all the nice things your brother/sister can do with you.



Got that angry feeling?

- Talk to someone about feeling angry – your parent, your pet, your friend or your cuddly toy!
- Do some exercise and jump and run your anger out.
- Draw and paint a picture of how you feel
- Bounce a ball against the wall
- Bounce yourself on the trampoline
- Do some deep breathing



Quick ways to CALM down!

Sea Life Sensory Solutions.



Puffer Fish Puff

Puff your cheeks like a puffer fish!

Fill your cheeks with air and hold for 5 seconds.



Clam Cuddle

Cuddle yourself like a clam.

Place your hands on the opposite shoulders and squeeze.



Turtle Tongue

Poke your tongue out like a turtle pokes out its neck.

Stick your tongue out and quickly hide it again.



Starfish Stretch

Stretch out like a starfish.

Place your arms up over your head and stretch out wide. Stretch your legs out wide too.



Your Kids OT



Ways to show how proud you are!!

- Make a list of everything you have done that made you feel good.
- Draw a picture of how you helped your brother/sister
- Have you got a special certificate for doing something? Put it up on the wall and always feel proud.
- Ask your parents to tell you why they are proud of you!
- Dress up as a superhero and be proud because you are one!!



I feel jealous/ What's that?

Jealousy feels like your **heart is aching**, like your heart is tightening and clenching and you can't make the pain stop. It hurts inside as you really want something someone else is having.

What can you do?

Tell your mum or dad that you feel jealous. It will help them to know how you feel.

Ask your Mum and Dad to make sure all the family give you the same amount of fuss, attention or presents as your brother/sister. It's only fair.

Ask your Mum and Dad to give you special time every day for a story or a cuddle watching television or a game.

Stuff at home

Some children with a disability have behaviour which is hard to cope with. Your brother/sister may break your toys or things that are special to you. Some behaviours are hard, and your brother/sister may be having a bad mood and be hitting out or kicking and hurting him/herself and others in your family including you. This can be hard to cope with and you may feel very upset or frightened and angry this is happening. Here are some tips to help you!

You need to tell your Mum and Dad or someone in your family or your teacher at school who can help you.

Ask Mum and Dad to help you know what to do if you are going to get hurt and plan. Sample plan below!



Courage: It Takes Courage To Use Your WITS Name _____

Walk Away

It takes courage to walk away when:

Ignore

It takes courage to ignore when:

Talk it Out

It takes courage to talk it out when:

Seek Help

It takes courage to seek help when:

Ask Mum and Dad or your teacher if your family can have some special help to help with your brother/sister's behaviour.

Keep yourself self in your bedroom if your brother/sister is not behaving well and hurting you.

Remember it's not ok to get hurt and your family need some help with this. Tim Kamau Bach can help with this.

How can you help your brother /sister?

Some children with a disability find it hard to behave well as their brains work very differently to yours. How can you show them how to behave differently?

Tell you brother/sister they are doing a good job with a thumbs up sign when they behave!

Give a clap and a cheer when your brother/sister does a good job!!

When you are playing a game wear a hat to show whose turn it is to go next. This will help your brother/sister to wait their turn.

Try to understand that your brother/sister does not understand things like you and try to show them the what to do.



Staying at home with your sibling

It is presently a difficult time with Covid-19 and we all must stay at home. You may be finding this very hard and here are some tips to help you.

Routine – Make sure you stick to a routine and get washed and dressed every morning. Make a timetable for yourself of things you can do to keep busy. Maybe some schoolwork?

Your room – try and keep your bedroom clean and tidy and smelling fresh! Your Mum or Dad can help you with this and you can do it together. It will help you feel good and you may earn some pocket money!!!

Sleep – try and stick to your usual bedtime. We know it's hard to sleep all night sometimes at home. Sticking to your routine will make you feel better and calmer.

Friends – Keep in touch with your friends with your phone or ask your parents for help to keep in touch.



Exercise – Make sure you go out every day. You can go for a walk with your family, ride your bike, play in the garden, do some gardening.



Start a new hobby - Try something new!!! Do some baking!

Soap making is nice and messy and fun!! Recipe online!!

Have a slime making session and post your best ones to your friends!

Keep a diary or art journal and write how you feel and what you do every day.



Suggestions for your pages!!!



Make this page in your journal!!!! It will make you feel good!!!

Not feeling ok. – Remember it is ok to feel worried, anxious, upset and sad. Make sure you talk to your parents and family about this and your friends. Ask for help! Its ok to ask for help!!!

Things you can do.

Parents and Grandparents, you can help with this. Talk to your child and make sure you spend some one to one time.



SIBLING Love NOTES

You are the best
BROTHER
because...

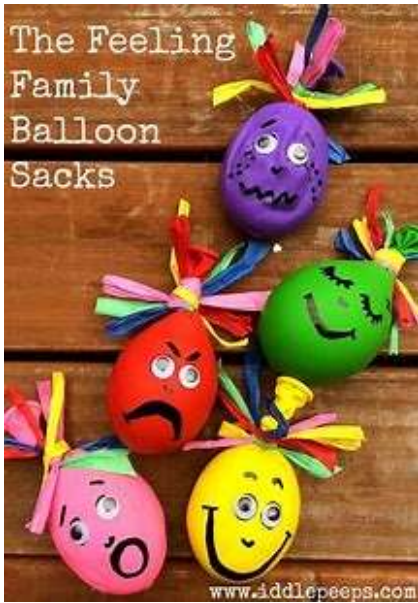
You are the best
SISTER because..

One thing I really
 love about you is..

You make our
family better
because... 

HELP YOUR CHILDREN EXPRESS LOVE FOR EACH OTHER!

Make some feeling balloons!!!



I CAN...



DO SOMETHING I ENJOY



TALK TO SOMEONE



ASK FOR A HUG



MAKE SOMETHING



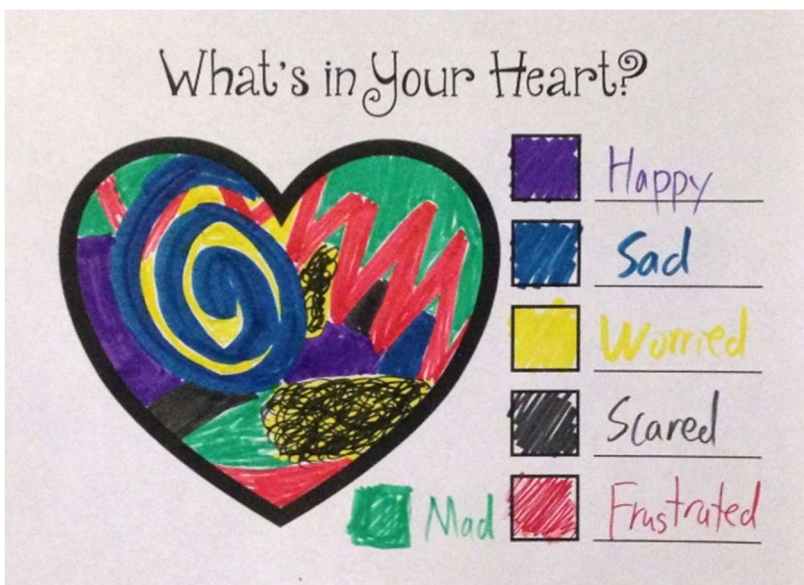
COLOR OR WRITE ABOUT MY FEELINGS



PLAY WITH A PET



IT'S OK TO CRY



Draw a heart!!! Use you colours to show how you feel.