

# 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?



**Paediatric Psychology Service**  
Shropshire Community Health  
NHS Trust  
Children and Family Services  
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Woodcote Way  
Shrewsbury, SY2 5SH

Shropshire Paediatric Psychology Service

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Shropcom.ppsadmin@nhs.net

[www.shropscommunityhealth.nhs.uk/  
paediatric-psychology-team](http://www.shropscommunityhealth.nhs.uk/paediatric-psychology-team)



Images by Emma Lawrence Illustrations

WE HOPE YOU FOUND THIS HELPFUL!

**NHS**

Shropshire Community Health  
NHS Trust

# A SIBLING'S GUIDE TO WHEN YOUR BROTHER OR SISTER IS POORLY

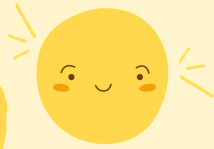


# YOUR FEELINGS

Here are some feelings you might have felt:

## Happy

Feeling happy is 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

Whatever you are feeling is okay!

## 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 coped and everything your sibling has done. It is good to think of things you are proud of and what is going well.

Lots of children often feel many different feelings about their siblings and their illness. It is natural to have mixed feelings and for these to change.

# 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

## LOOKING 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

## RESOURCES

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](http://WWW.YOUNGSIBS.ORG.UK)

[WWW.KOOTH.COM](http://WWW.KOOTH.COM)

BEAM-IN SHROPSHIRE

