

How things might have changed

They're still your brother or sister, so it's ok to have all the same feelings you had before – like getting irritated with each other and disagreeing. It's just important to remember your sibling's brain and/or body may have changed, so they may not always be as in control of what they do or say. You might notice their behaviour, how they act, and their mood/feelings are different.

Things we can do and where to ask for help

Remember to always talk to an adult you know and trust about how things are. Let them know how you are feeling and ask any questions you have. If you don't want to talk, sometimes writing a letter or text can help. You can also use this leaflet to show them how you feel.

Having a sibling who has been through a trauma means that you will also develop a lot of strengths and skills. While this is a journey that is different for everyone, it's important to care for yourself and make sure you have time and space to do the things you enjoy.

You may find the following links helpful:



**Child Brain Injury Trust –
E-learning Library**

<https://childbraininjurytrust.org.uk/how-we-help/e-learning-library/elearning-access/>



**Videos for siblings and
parents**

<https://player.vimeo.com/video/474709158?h=fe50cb9e30>



**Child Brain Injury Trust –
Support for siblings**

<https://childbraininjurytrust.org.uk/how-we-help/support-for-siblings/>



**The Children's Trust –
Brain Injury Hub**

<https://www.thechildrenstrust.org.uk/brain-injury-information/latest/siblings-and-abi-part-1>



Understanding and managing trauma

Information for siblings

Understanding and managing trauma. Information for siblings

This leaflet can help you understand the thoughts and feelings you may have if your brother or sister has been involved in a traumatic situation. A traumatic situation (or trauma) is a very scary or dangerous event.

Seeing or hearing about a trauma can have a big impact on one's life, even if it hasn't directly happened to you.

How might I be feeling?

It is normal to have strong emotions about what happened, and these might change often. You may be feeling:

- sad
- shocked
- left out

- lonely
- worried about your sibling
- anxious
- selfish
- confused
- frustrated
- helpless.

You may have trouble sleeping or have nightmares because of feelings like anxiety or other feelings in your body, like dizziness, sweating, or heart racing.

You might go through all of these feelings, or you might feel numb and unsure of what you're feeling.

These are all normal, and there is no right way to feel. While your sibling is the one who is unwell, this also affects you so you are allowed your own thoughts and feelings about what happened.

Why am I feeling this way?

There can be many changes when your sibling has been through a traumatic situation.

Parents may have to spend a long time in the hospital, and you may feel alone and find it hard to understand what is

happening. You may be missing your parents, your sibling, or both.

You may have had to move in with someone else (e.g. a grandparent) and may be missing some of your regular routines or having to miss school. Your usual family relationships and roles may have changed, which can be very hard to deal with. You might feel like you are supporting your family more, and it can be hard to see them in distress.

If your sibling has had a brain injury, they may need a lot of care. It can be difficult to accept that your sibling may be different after their brain injury. It is normal to feel sad or angry about these changes. Your sibling may get lots of attention and you might feel jealous, angry, or scared about this.

You may also feel like you do not understand what is happening, and adults may not always explain everything. You might wonder why something like this happened when it is not fair. You might feel afraid about other people in your family becoming ill in the same way.

These feelings are normal after a traumatic situation but can be very scary, so remember to ask for help.