

Having a Sibling with hydrocephalus can make you feel many different emotions, and it is completely normal to feel like this.

Here are a few of the emotions you may experience some ideas that may be useful



Jealous: It can be hard when your sibling takes up so much of your parents' time. Try to remember it is because your sibling needs more help at the moment, NOT because your parents don't want to spend time with you. Try to organise some special time even if it is when your sibling has gone to bed, or a planned time if they are in hospital. You could write some special notes and put them around the house for your parents to find and they could do the same back! Always talk to your parents/teachers /someone you trust - there are lots of people who love you and want the best for you.



Angry: You may feel angry if your sibling breaks something of yours, or does something that is difficult to deal with. Or you may feel angry if your plans have to change because of your sibling. Try to take a moment before you react. Breathe and count to 10, try to refocus this feeling by taking some time to calm down. Maybe you can do some exercise, or colouring or something you enjoy to distract yourself. Can you talk to someone once you are calm; a parent/friend/pet?



Confused: There are times when you may feel confused understanding your siblings' hydrocephalus. There can be words which you don't understand and things can change quickly. If there is something you don't understand, please ask. We have included a glossary which may help you and there are some notes you can use to ask questions included in this pack.



Sad: Remember you are not alone, you are very special and there are people around you that care and want to help. You could make a jar or book with all the things you are good at and things that make you smile. When you feel sad, take some moments to remember just how amazing you are. Talk or write down your feelings, maybe as a poem or story. Try to plan in time every day doing activities you like doing e.g. reading, arts and crafts, baking, playing sport.



Happy: Being happy is a wonderful feeling. Can you write down all the things that make you feel this way as a reminder to help you when you experiencing other feelings? You could put up photos or quotes around your room, or a special 'things that make me happy box'.



Proud: You may feel proud of your sibling when they have achieved something they have found difficult or have overcome a challenge or difficulty. You can also be proud of yourself; proud of your achievements, proud of all the patience, time, love and support you give to others, showing resilience even when things are tough- your amazingness still shines through!

Can you think of any other emotions you have experienced? You can write or draw them here.....

