

Tips for young Sibs

- Know that you are not alone. There are many young people with disability or illness and most of them have brothers and sisters!
- Try to find out as much as you can about the disability or illness – from parents, teachers or other people who take care of your brother or sister
- No feeling is bad – it is ok to feel angry, frustrated, sad or embarrassed. In fact, most brothers and sisters like and dislike each other at different times.
- But it is not ok to take out your feelings on other people, by hurting them physically or with unkind words. When you feel upset or angry you could:





- Talk to someone – make a list of people you can talk to if you feel angry or scared eg mum or dad, grandma or grandpa, a special aunt or uncle, a friend or school counsellor. You can also call Kids Helpline on **1800 551 800** or you can [email](#) them for help.
- Do something physical eg throw some basketball hoops, punch your pillow
- Listen to music, put it up really loud and dance, or watch a movie
- Write about how you feel in your own special book – ask someone



to buy an empty book that you can use. Just start with 'Dear diary ...'

- You have a right to feel safe. If you do not feel safe find someone you can trust to talk to – such as a family member, friend, teacher or call Kids Helpline on **1800 551 800**.
- If you feel left out at home, talk to mum or dad about having some special time with just you and them 😊

- Try to learn ways of having fun with your brother or sister. They might not be able to play in the same way as other kids, but someone who works with your brother or sister should be able to help you find ways to have fun together. Ask mum or dad if they can try to find out about this.
- It's ok to take time out to have fun with friends, dance or play  sport. It isn't selfish even if your brother or sister cannot do these things.
- Some children get together with other siblings where they can have fun and share experiences. Ask your parents to check if there is a sibling group in your area.  Siblings Australia might help with this.
- If other kids tease or bully you or your brother or sister, remember they must not feel very good about themselves if they want to do this. Talk to your teachers – they will understand and they should be able to help you manage. You could practice how you will react when someone teases you or your brother or sister. Also look at this site:
<https://kidshelpline.com.au/kids/tips/understanding-bullying/>
- If you have any problems at school, talk to your parents or teachers. If you have difficulty finishing homework because of stress at home, teachers might be able to help you to finish it at school. You could suggest that your teacher has a look at the Siblings Australia website.

Being a sib can be hard at times, but also extremely rewarding. Ask for help when you need it. Enjoy the good times with your family and remember to look after yourself because you are special too.