

Brothers And Sisters

It's important to include brothers and sisters to keep your family close and to increase self-confidence. Each child is different – use your judgement to decide how they can best be involved.

Do not hesitate to reach out to your health team for support for brothers and sisters.

A distraction bag is a great tool to help keep brothers or sisters busy. Keep the bag in a place where they can easily get it. It will help if they need to be taken care of by family/friends.

In the distraction bag, you might include:

- Some favourite toys, stuffed animals and comfort items
- Entertainment – story books, colouring book, crayons, etc
- Photo of brother/sister and family
- Snack
- PJs, underwear, a change of clothes (in case of sleepovers with friends/family)
- Toothbrush, Pull-ups, and other night-time supplies
- A list of important numbers and names.



Brothers And Sisters

Brothers and sisters can be a helpful pair of hands during emergencies.

Examples of jobs they may be able to help with are:

- Calling 111 or your health team
- Getting supplies for caregivers (e.g. extra tracheostomy tube, emergency bag)
- Playing quietly in the bedroom with other siblings
- Calling someone to come over to help out
- Calling someone to come and pick them up until the emergency is over
- Getting a 'Distraction bag' from where it is kept