

# My brother or sister has additional support needs



Scottish Charitable Incorporated Organisation  
SCO32398





# This book belongs to

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This book has been written specially for children who have a brother or sister with additional support needs. We hope it will answer some questions you might have. You might want to read the book with an adult to help you. Or you might want to ask some questions afterwards.

Signpost would like to know whether this is a good book for children to read. If you would like to tell us what you thought about this book, please fill in the form at the back of the book (ask an adult to help if you can't do this yourself).

Happy reading!

Note to parents – this booklet is only a starting point – Signpost has a range of other information which may be helpful – please contact us for more details.



## What does 'additional support needs' mean?

When a baby is born they usually learn to do things quite quickly. First they smile and wave their hands and sit up. Then they learn to walk, and talk and play. When they are bigger they go to school.

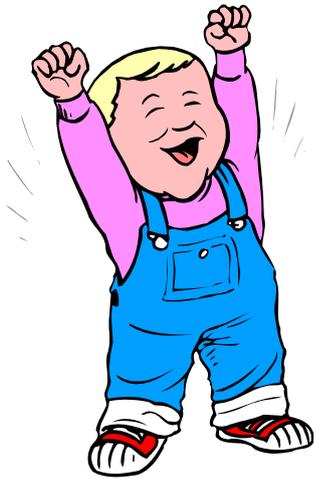


We say that someone has additional support needs if they take longer to learn how to do these things. They may need help to do things that other people can do without help. They might need special equipment to help them, like a wheelchair or a hearing aid. Some people with additional support needs do things differently from most other people.

You might also hear people saying that your brother or sister is disabled. This means the same thing.



## Why does my brother or sister have additional support needs and I don't?



Sometimes babies might grow differently while they are in their mummy's tummies, or something might happen while they are being born.

Sometimes nobody really knows why it happens.

## Will they get better?

When a baby is small, it is very hard for doctors to know exactly what the baby will be able to do.

Most children can learn quite a lot, but it might take them a long time compared to you.

Or they might have to find a different way to do things.

For example, they might learn to talk with their hands instead of their voice. You and your family might have to learn to do that too, so that you can understand them.



## What is wrong with my brother or sister?

They might have a part of their body that doesn't work very well, so they might need extra help with that. For example, someone whose legs aren't strong might need a wheelchair.



But they are probably just as smart as you - having a part of your body that doesn't work well doesn't stop you being clever.



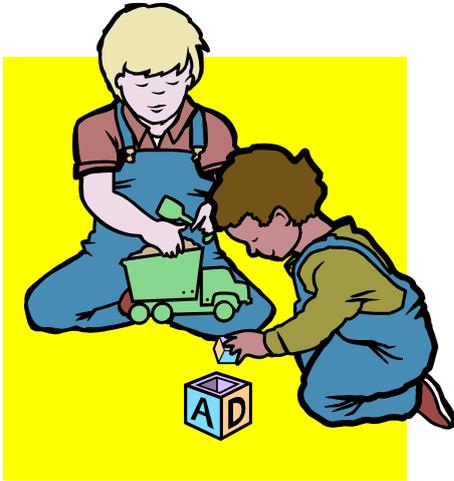
Or they might look all right, and be able to run and jump, but their brain doesn't work like yours, so they find it hard to understand as much as you do.

You might need to tell them things more than once, or help them to play, because they find it hard to understand people.

Sometimes your brother or sister can have both of these things, and they might need lots of help.

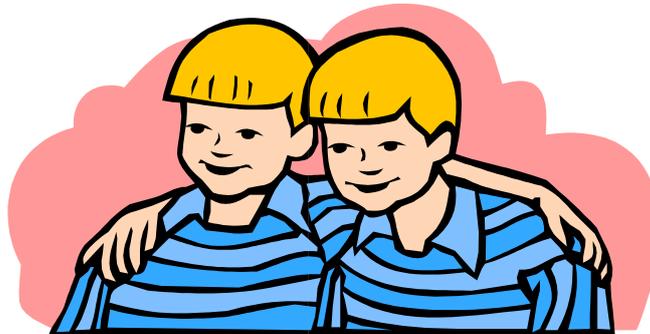
## Is my brother or sister different from me?

Everyone is different! You might like ice cream, your friend may prefer crisps. You might like watching TV, and your friend would rather ride their bike.



But you both like to eat sweets, and you both like to play games. It might seem as if your brother or sister is different, but mostly they are like you.

They might find it hard to tell you what they like, but you can find out what makes them happy.



## Bad feelings



Sometimes it is hard to have a brother or sister with additional support needs.

You might feel left out, because your mum and dad don't have much time to play with you.

You might think it's not fair that your brother or sister doesn't get told off when they're naughty, but you do (this is because your mum and dad know that you understand how to be good, but your brother or sister doesn't yet).

You might wish your brother or sister would go away and not come back.

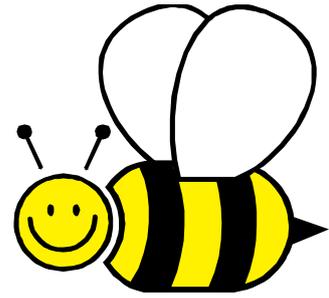
You might be angry if they spoil your game or won't play with you.

It is okay to feel like this. You might want to talk to your mum or dad about how you feel, or to another adult like a gran, aunt or your teacher.

**Remember, your mum and dad love you just as much as your brother or sister!**

## Good feelings

Sometimes it is good to have a brother or sister with additional support needs.

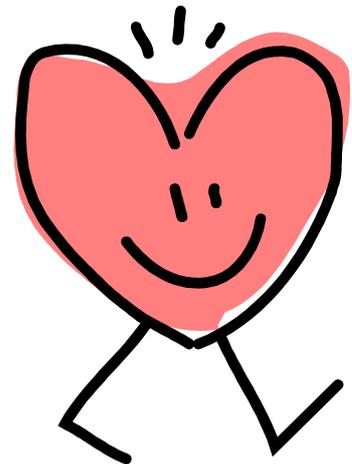


- ❖ You might feel proud of them when they learn new things
- ❖ You might feel clever, when you help them to learn new things
- ❖ You might be happy, because they like to play with you

## You can help!

These are some things you can do to help. Perhaps you already do them!

- ✓ Smile at them, talk to them and play with them
- ✓ Show them new things
- ✓ Give them a cuddle
- ✓ Try to understand what they want
- ✓ Give them lots of love!



# **MY BROTHER OR SISTER HAS ADDITIONAL SUPPORT NEEDS**

**What I thought about this book**

**What I thought about the pictures**

**What I thought about the words**

**You could make this book better by.....**

**Other things I would like to know**

**My name**

**My age**

**My address**

Please return this form to: Signpost, FREEPOST NAT9123, LIVINGSTON,  
EH54 0BR

**Thank you very much for telling us what you thought about our book!**

**(note to parents – name/address information will only be used to answer any enquiries on the form above, and will be kept strictly confidential. Your child does not have to complete these details if s/he does not want to)**

For more information about support available to families of young people with additional support needs, please:

- telephone **Signpost** on 01506 431123
- email enquiries [@signpost-online.co.uk](mailto:@signpost-online.co.uk)
- write to us at: Signpost, Freepost NAT9123, LIVINGSTON, EH54 0BR
- drop in to the office (no appointment necessary) between 9.30 am and 3.30pm Mon – Thurs, 9.30 – 1pm Fri



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This booklet was first produced in October 2003, and revised in August 2013. Thanks to West Lothian Community Health Care Partnership for making it possible.