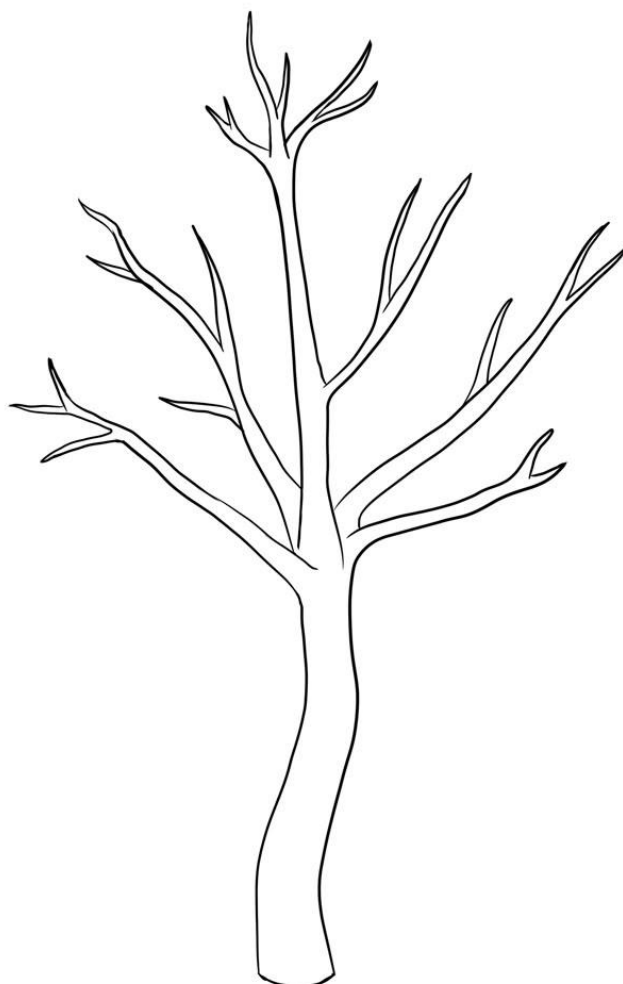


## **Experiences of Being a Sibling**

Being the sibling of someone with a learning disability can mean that children have very different experiences to their friends who are siblings. It's important for children to be able to share their experiences of being a parent. Try some of these exercises together to hear more about your child's experiences of being a sibling.

### **Sibling Tree**

Draw a tree without any leaves or print a template from online. Encourage your child to draw green leaves and write things they like about being a sibling in the green leaves. You can use brown leaves for them to write things they don't like. You can also ask your child to choose the colours they want. You could ask questions about their experiences and find out more about how you can support them to do more of what they enjoy and less of what they don't.

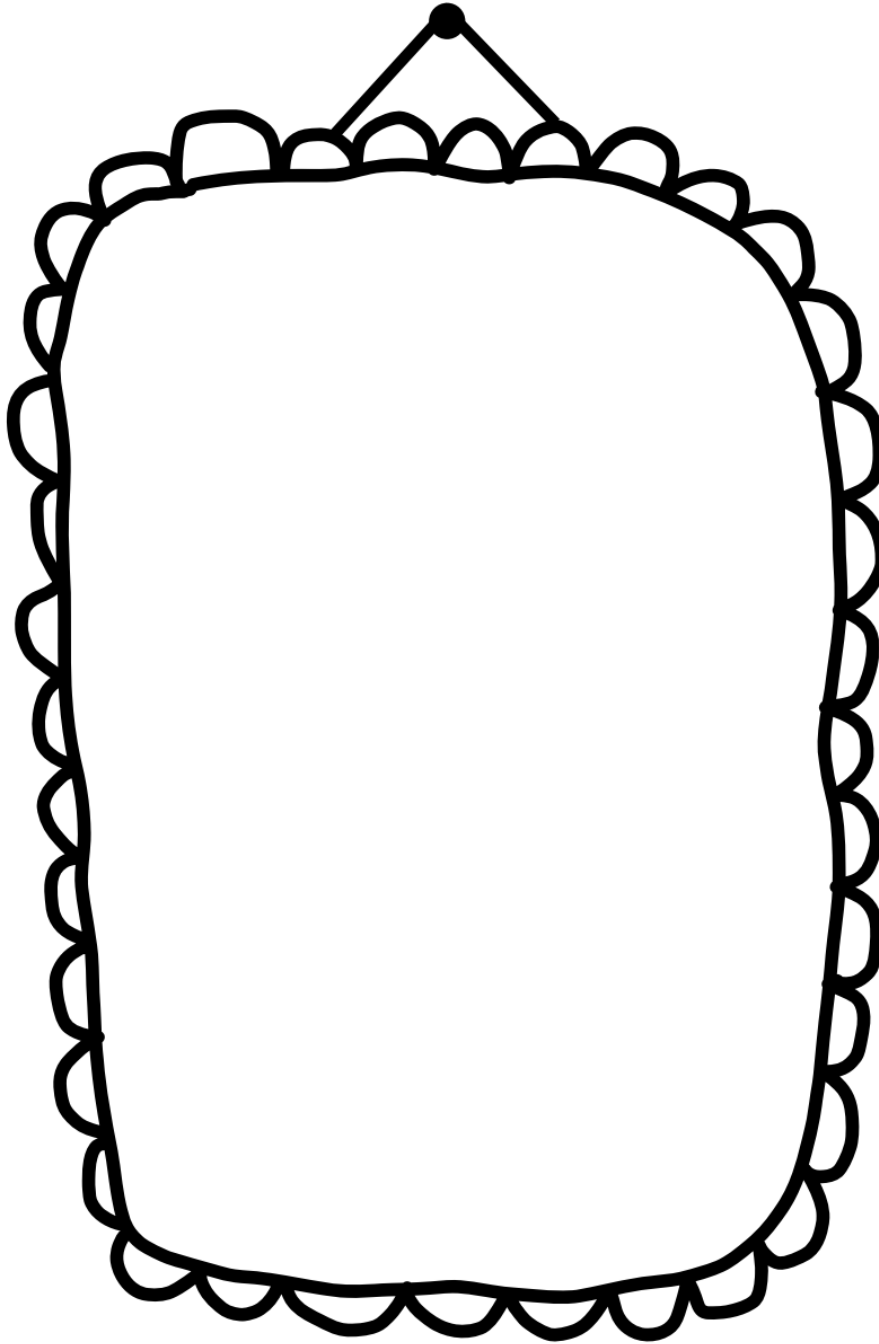


## **Experiences Booklet**

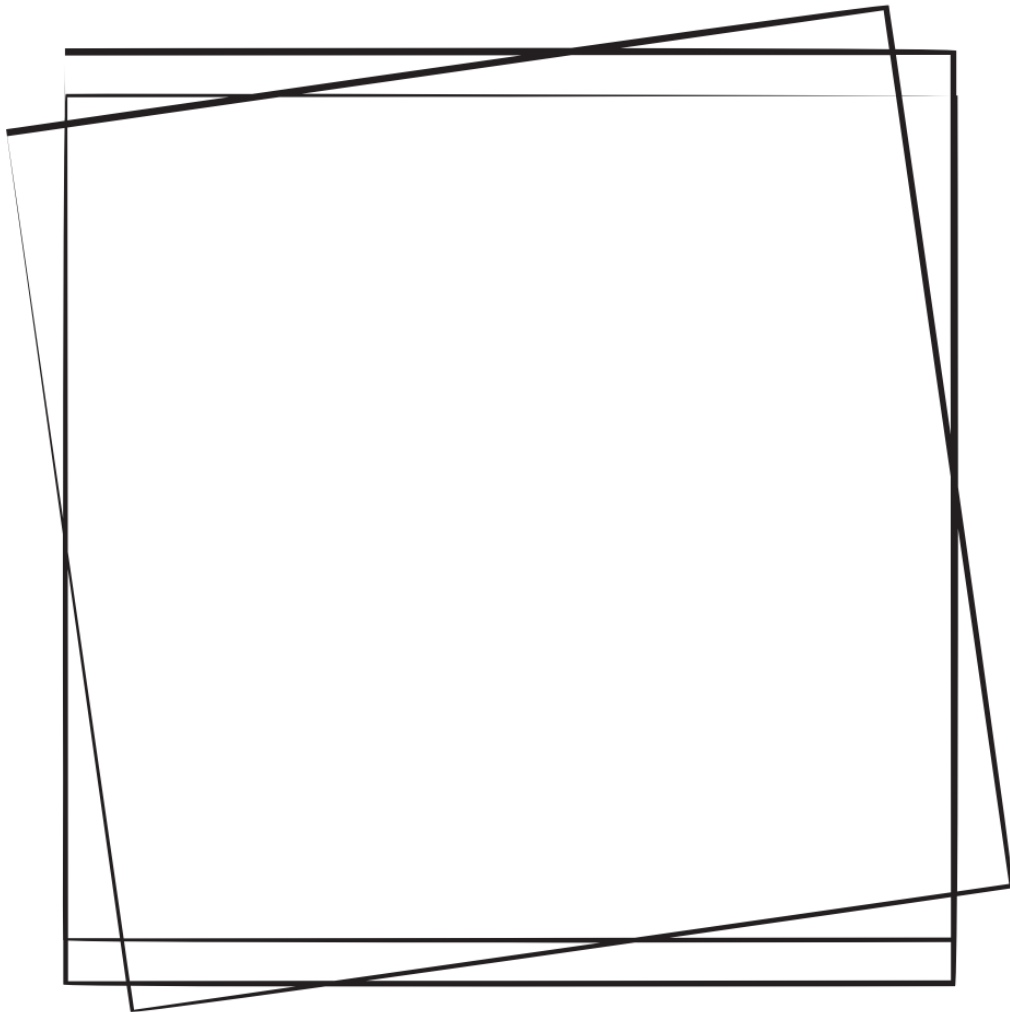
Encourage your child to draw or write about their experiences in the booklet below. If you have siblings, you can do the same. Talk with your child about the similarities of your experiences and where they differ. You could ask questions about their experiences and find out more about how you can support them to do more of what they enjoy and less of what they don't.

# ME AND MY SIBLING LIKE TO

Draw or write some things you like to do with your  
sibling



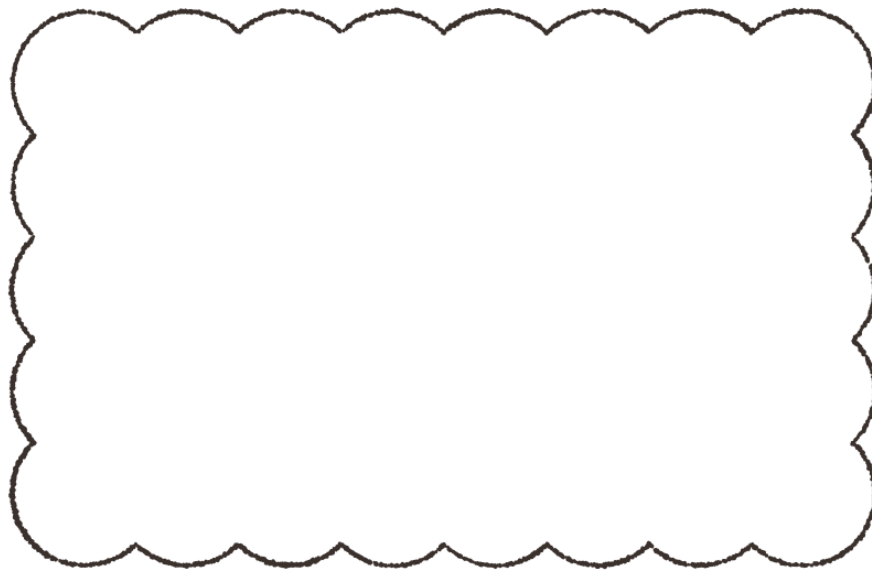
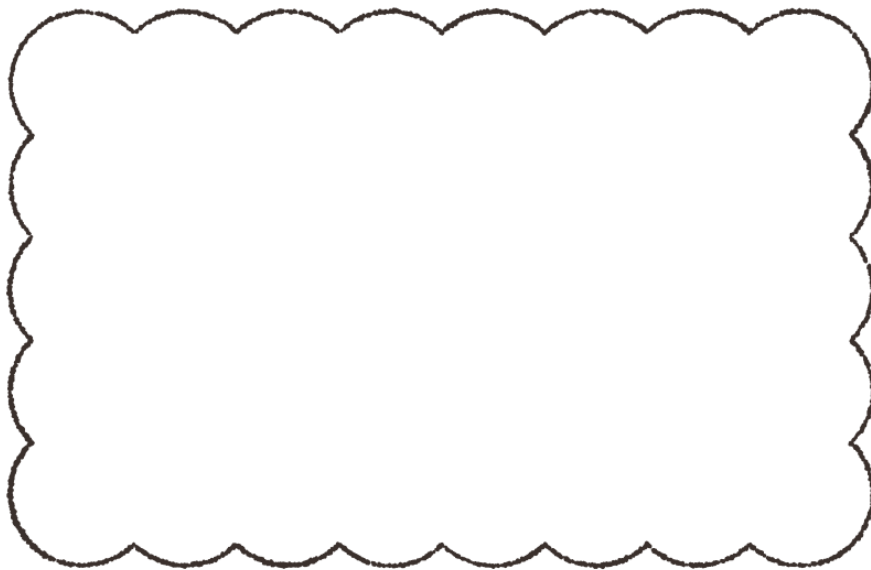
# THINGS I LIKE ABOUT MY SIBLING



Draw or write some things you like about your sibling

# **I DON'T LIKE IT WHEN MY SIBLING...**

Draw or write something your sibling does that you  
don't like



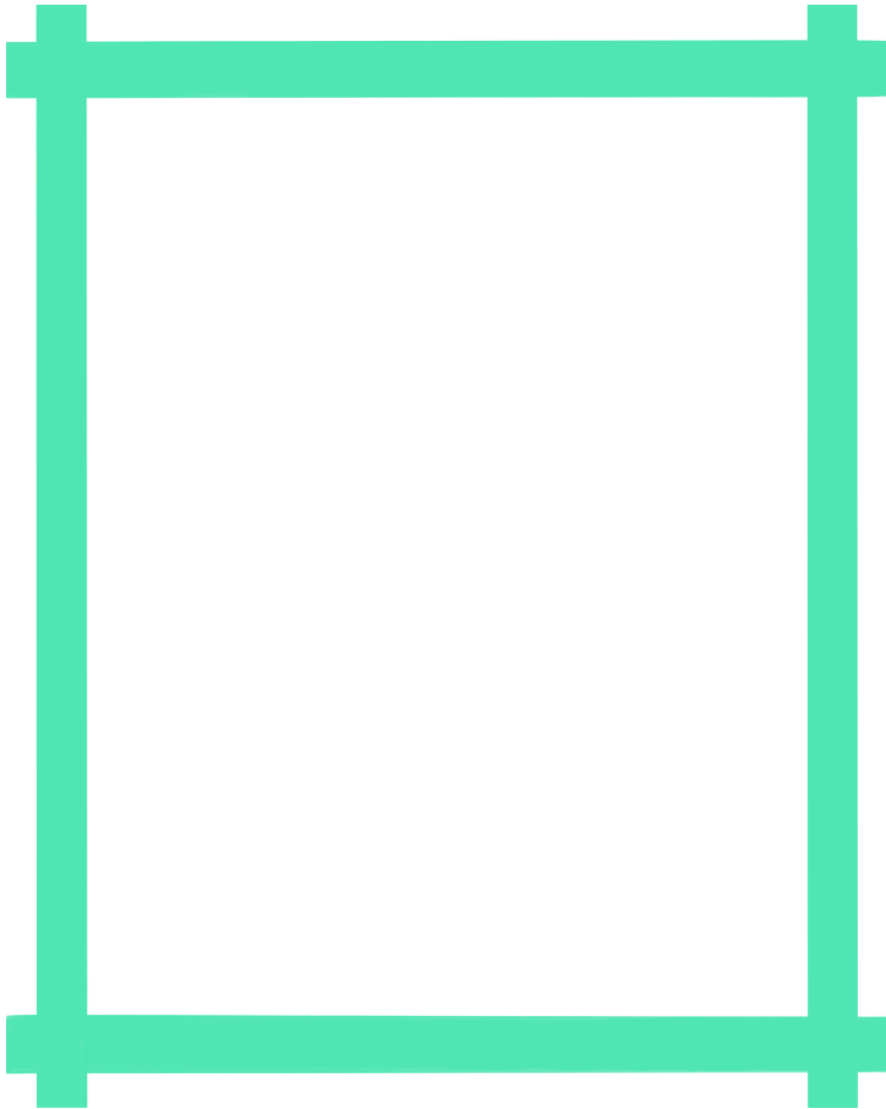
# A TIME MY SIBLING MADE ME LAUGH

Draw or write about a time your sibling made you  
laugh!



# A TIME MY SIBLING MADE ME ANGRY

Draw or write about a time your sibling made you  
angry!



# A TIME MY SIBLING MADE ME PROUD

Draw or write about a time your sibling made you  
proud!



# A TIME MY SIBLING MADE ME SAD

Draw or write about a time your sibling made you sad!

