

## Tips for Siblings and Others

This handout might be useful because someone you live with or know has pain.

It is important to realise that you are important too.

When someone in the household has chronic pain it can have a big impact on the whole family. Some kids say that things at home are just not the same since their brother or sister got pain. Understanding your brother or sister’s pain problem can help you to worry less, and respond better. Remember – if you don’t understand something, you can always ask questions.

It is important to tell someone you are close to about how you feel. You might be able to bottle up feelings of frustration, anger or sadness for a short time, but it doesn't work for long. For some people it might result in a big “explosion”, such as getting very angry over something little. So find someone to talk to. Try to talk to your parents or caregivers. Discuss any worries or feelings that you have.

The online pain episodes that your brother or sister has been doing encourages them to think about your family. If you have not already done so, now would be a good time to talk to your parents or caregivers about how your brother’s or sister’s pain affects you. See if there are ways in which you can participate in your brother or sister’s activity goals; and help to celebrate or party, when positive effort and progress is made.

In talking with your parents or caregivers, you might like to tell them some of the following:

- How things have changed for you since your brother or sister got the pain
- How seeing your brother or sister in pain makes you feel
- How you would like more information about your brother or sister’s pain
- How you enjoy special time with your parents or caregivers

### Online resources: For siblings

Resource	Web link	General information provided
Livewire	<a href="http://www.livewire.org.au/siblings/">www.livewire.org.au/siblings/</a>	Living with a brother or sister that has a chronic illness
Your shout	<a href="http://www.liquidsalt.com.au/yourshout/index.php">www.liquidsalt.com.au/yourshout/index.php</a>	Living with a brother or sister that has a chronic illness or disability
Siblings Australia	<a href="http://www.siblingsaustralia.org.au">www.siblingsaustralia.org.au</a>	Enhancing the well-being of siblings

Published Mar 2014. © State of NSW (Agency for Clinical Innovation)