

Siblings' experiences

Siblings or whānau members may experience:

- ✓ feelings of unfairness – it might be difficult for them to understand why their brother or sister is being treated differently to them
- ✓ worry, anxiety, and sadness about their parents or their brother or sister
- ✓ feelings of wanting to protect their sibling
- ✓ confusion and misunderstanding about the brain injury
- ✓ difficulty understanding changes in their sibling's personality or behaviour
- ✓ embarrassment about the injured child's behaviour and may be wary about having friends at the house
- ✓ feelings that they're not being told about what's going on, or being "kept out of the loop"
- ✓ feeling left out or forgotten
- ✓ feeling guilty about what's happened (sometimes called "survivor guilt")
- ✓ feeling guilty about expressing their own feelings because they don't want to add to the burden on their parents
- ✓ a sense of loss that their sibling seems different.

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