

# Sibs

[www.sibs.org.uk](http://www.sibs.org.uk)

## Supporting siblings of children with epilepsy



**Diamond Projects**  
funded by Epilepsy Action

### One day workshop for parents

**Leeds**      **Friday 20<sup>th</sup> January 2012**      **10.30am – 2.30pm**

**Doncaster**      **Monday 23<sup>rd</sup> January 2012**      **10.30am – 2.30pm**

### Who is it for?

This free workshop is for parents of children with epilepsy, who would like information and ideas on supporting siblings.

Epilepsy affects the whole family. Siblings, like parents, need support to help them adjust to the needs of their brother or sister who has epilepsy. They need attention from their parents, they need help to understand epilepsy and they need to be included in the things that their brothers and sisters are doing. They also need help with the feelings that have about their brother or sister who has epilepsy.

### By attending this workshop you will

- Have a better understanding of siblings' needs
- Learn practical strategies for supporting siblings' needs
- Feel more confident about supporting your sibling child

### The workshop will include the following

- How to explain epilepsy to siblings
- How to include siblings in what is happening, such as making plans for emergencies
- How to support siblings with their feelings
- How to ensure siblings feel that they matter too
- How to find additional support for siblings

**For more information or to book a place please contact**  
**[info@sibs.org.uk](mailto:info@sibs.org.uk) or phone 01535 645453**

Sibs is the UK charity for people who grow up with a disabled brother or sister.