



josh

Living with your parents after an ABI

"I haven't seen mum and dad much since Amy has been sick. Mum spends most of the time in hospital with Amy and when I do see her, she seems really stressed. She doesn't play with me or talk to me much and that makes me feel really sad.

I miss Amy but I miss mum too. I wish Amy would just get better so that they can come home and we can be like a normal family again.

It's really unfair, why did Amy have to get sick? I used to think it's because we argue a lot but Dad says that no-one really knows why Amy got sick, she was unlucky.

Mum and dad don't spend much time together at the moment either and that is really upsetting. They seem to argue a lot and whenever I walk in on a row, they go really quiet. It makes me feel like it is something I did wrong.

Nurse Anna spoke to me and told me how hard it can be being the brother or sister of someone who is ill. I felt much better after talking about it.

If you feel sad, you should try and talk to an adult who can help like a teacher, grandparent, uncle, aunt or close family friend. They might be able to find out what is going on for you and make sure that you get some help and attention too."

