



Living with your brother or sister after an ABI

"I used to do lots with Amy before she got sick. She's starting to get better now so I was hoping we could do the things we used to.

Amy gets really tired though and she still can't play in the garden with me. I like spending time with her because she makes me laugh. Lately though, she is very tired and I annoy her really easily.

I never used to annoy her at all. Mum says it's because she is still adjusting but I want her to get better so that the old Amy can come outside and play with me.

We had a few arguments but now I understand that Amy is still really struggling and needs lots of peace and quiet to help her get better. There is still stuff we can do together, though. When she feels well, we watch DVDs together. That can be fun.

It is tough being a little brother sometimes. You don't always understand what is going on with the adults and your brothers and sisters. When I feel sad, I try and think about why everyone is acting so funny. I talk to my Gran and my friends too. They are really helpful.

Try to remember, it is not that your brother or sister doesn't like you anymore, they are just trying to adjust to their ABI."

