

My Sibling Experience

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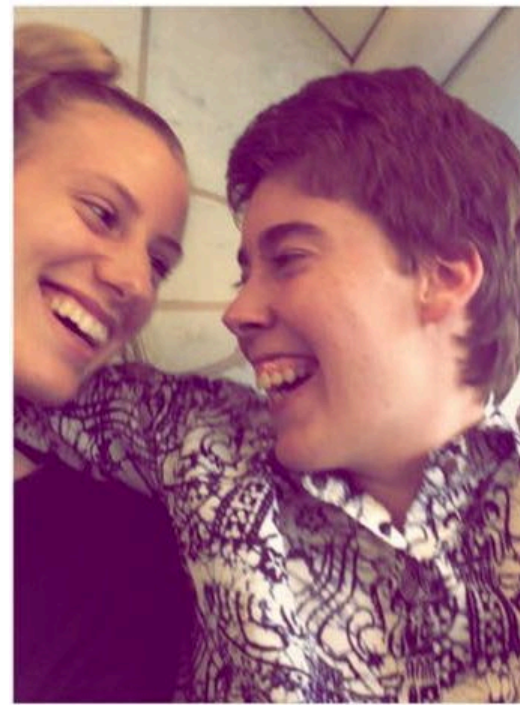


CHALLENGES GROWING UP

- Feeling embarrassment in public
 - Yelling, tantrums, swearing, kicking dogs, breaking things
 - Some people would stare or laugh
- Stress/ anxiety
 - There was shouting and noise in the house – I would hide
 - Worrying about my brother's health and safety
- Taking on responsibility
 - Helping my parents
 - Helping my brother
- No privacy
 - Ashley would invade in my bedroom all the time!

OUR SIBLING RELATIONSHIP NOW

- We have a special bond
- I like to take Ashley out on adventures
- I take care of him when we go out
- I am not embarrassed by him very much (only sometimes!)
- I am proud to talk to people about my brother



LIVING IN DIFFERENT COUNTRIES

- I miss being together!
- We talk on Facetime
- I worry about him (His health, the pandemic)
- I feel guilty sometimes and responsible to take care of him



SUPPORT FOR SIBLINGS

- “Siblings Club”
 - Met twice a month
 - Other children who were siblings
 - 2 adults ran the club
 - Sharing stories about our siblings with other children who would understand
 - We cried, we laughed, we became friends
 - Cooking, acting, playing fun games
 - I felt special being in this club!
- Counseling (therapy)
 - Talking about my feelings and experiences helped me
- Learning about PWS and disability
 - My parents taught me about PWS
 - Learned from attending PWS Family Events
 - Learning about PWS helped me understand my brother
- Special attention from my family away from my sibling
 - Time to enjoy food and fun without it being cut short by my brother having a tantrum

LIFE LESSONS/ VALUES I GAINED AS A SIBLING

- I developed patience
- Being understanding towards other people with disabilities
- I am a good listener
- I try and look at things from other perspectives
- My brother taught me to live in the moment & to be happy about the small things!

