

Taking Care of Yourself

For Siblings

We know that having a brother or sister with ADHD or Tourette syndrome can demand a lot from you.

Maybe he or she:

- Takes up a lot of space
- Makes a lot of noise
- Has strong emotions
- Makes you angry

Maybe sometimes you would like:

- Things to be calmer at home
- More attention for yourself
- People to listen more to your needs



What You Can Do:



- Talk to your brother or sister;
- Talk to an adult;
- Talk to friends;
- Ask for a quiet space for yourself;
- Ask for one-on-one time with your parents or caregiver.

Know that you have the right to:

- Play;
- Say no;
- Take a break;
- Have emotions;
- Express how you feel;
- Talk to someone you trust.

You can also:



Listen to music



Do crafts /
create



Draw / color



Read



Play with
friends



Do something
fun together



Suggest a
game you both
enjoy



Work on a project
together / create
something as a pair

