



For brothers,  
sisters & parents  
of children with  
additional needs

Thank you for your interest in our Siblings First project,  
funded by Children in Need. We provide 5 weekly sessions:

**WEDNESDAY'S 4.00-5.30PM**

For siblings (aged 5-10 years), who are brothers or sisters  
of children with additional needs and their parents.

Families in Focus Siblings First project will improve the emotional well-being of siblings who have brothers or sisters with additional needs and benefit the whole family.

Children will learn how to have a voice so they can understand and express their feelings and concerns.

This will build more positive, stronger more connected relationships with their parents, brothers and sisters.



Families In Focus c/o

A Community Trust Company



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Two small groups one for siblings and one for parents in the same building at the same time.

### For siblings:

Therapeutic play, fun and games with discussions, sharing and expressing feelings, understanding more about your brother or sister and why they do what they do. Find new ways of coping with difficult things and meeting other children who live in a family similar to yours.

### For parents:

Parents will meet in their own group with Francine and Lesley to understand the needs of siblings and how to best support them, share concerns and learn effective communication techniques to build strong supportive positive family relationships with other parents of children with additional needs.

### The important bit

- Siblings must be accompanied by a parent to all sessions
- There will be simple fun family homework tasks (taking about 10 minutes)
- Children with additional needs will need to be accommodated elsewhere and parents will need to find alternative care

## COMING TO:

ST ALBANS  
NORTH WATFORD  
STEVENAGE

HEMEL HEMPSTEAD  
WELWYN GARDEN CITY



### For more information

Email Lesley or Francine at [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

t: 01442 219720 | text: 07867 510027  
[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)