

**Help for parents and carers when talking to children about a close family member with ABI:**

- Remember that 'super parents' don't exist. Just do what you can when you can. Be gentle on yourself.
- There is more than one way to support your children. Choose the things that you feel most comfortable with.
- Accept that some things just can't be 'made better' in a short space of time.
- Talk to children using words they understand and ask questions to check they have understood you.
- Give information a bit at a time if your children are younger. Pieces of the 'jigsaw puzzle' can be put together over time to make the complete picture.
- Show children how you are feeling: it helps them to know that it's OK to show their feelings too.
- Encourage children to ask questions and keep answering them – even if it's for the 100th time.
- Answer questions honestly and simply; and be willing to say 'I don't know'.
- Try to find ways in which children can be involved.
- Trust yourself and your instincts – you haven't forgotten how to parent your child.
- Books which may help you are:  
'My Mum Bakes the Best Cakes' or 'My Dad Builds the Best Boats' -both by Jo Johnson and for younger children to help them understand brain injury  
'My Parent has a Brain Injury...a Guide for Young People', also by Jo Johnson and ideal for older children/ young adults
- LOOK AFTER YOURSELF TOO.