

Adam's story



Being autistic means that he is a bit different to other people's brothers.

This can make things hard at home and when we are out and about.



When we are playing games at home he can get upset if he doesn't win.

He can also break my toys sometimes. This makes me feel sad and worried.



When we go shopping he can get cross because he doesn't like the noise in the supermarket.

He also doesn't like being in crowds with lots of people. This means that we sometimes can't do things together like go swimming or play in the park.



My brother and I have fun playing catch.

He also makes me laugh and we love watching our favourite films together.

I love my brother but sometimes I don't like what he does. It's not his fault that he is autistic. My brother is different.

Adam's story



What do you think?

Why is Adam's brother different?

What does he do?

How does this make Adam feel?

What might help Adam?

What would you do if you felt sad or scared?

What do you love about your brother or sister?

What can make you feel sad or worried?

What do you know about Autism?

What would you like to know about Autism?

Jo's story



We have fun. My favourite game is playing football.

Sometimes my friends invite me to their houses to play with them after school.

That makes me happy.



My home is different. My brother is called Ash.

He has epilepsy and is autistic. He finds it hard to walk and doesn't speak like other people.

This means that my house is very busy after school.



We have lots of people coming into my house to help my mum look after my brother.

He has lots of stuff like wheelchairs, special chairs and medicine.



There isn't much space for me to play as I share a bedroom with him.

This means that I can't have friends over as there is nowhere for us to play.

This makes me feel sad. I hope my friends know that I still like them.

Jo's story



What do you think?

What do you know about Jo?

Why does Jo worry about not being able to invite their friend's over?

What do you know about Ash?

What could you do to help Jo?

What does Jo like doing?

How could you help Jo to feel happier?

What is making Jo feel sad?

Safia's story



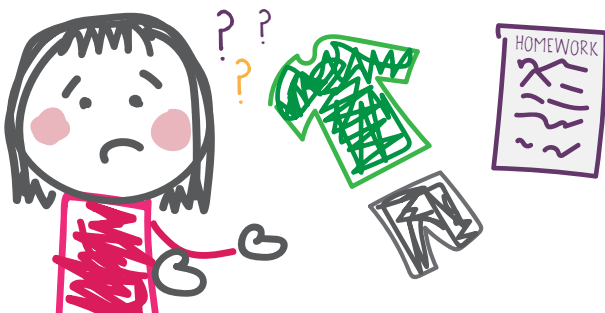
I'm late because it can be hard to leave the house. My brother has something called Cerebral Palsy.

This means that he needs lots of extra help to get ready as he can't do everything for himself, even though he is older than me.



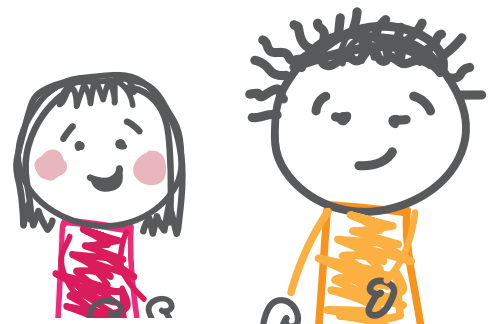
My Mum has to help to wash, dress and give him his breakfast.

He has a special car seat and my dad needs to help to put him in the car. He goes to a different school to me so we have to take him there first and sometimes the roads are really busy.



It can make me feel worried when I know that I am going to be late.

I also feel scared in case I get told off because I haven't brought something I need like a PE kit or my homework.



I feel embarrassed because everybody else is already doing their work when I arrive.

When I feel sad I can talk to my teacher about what is happening at home so they can help me.

I can also tell my friends what life is like for me at home so they can help me too.

Safia's story



What do you think?

Why is Safia late for school?

How does Safia feel?

What do you know about Cerebral Palsy?

What might help Safia?

How does it affect Safia's brother?

Who can Safia ask for help?

What is home like for Safia?

How can Safia's friends make her feel better?

Anwar's story



I live with my mum and my sister. My sister is called Fatima.

She has a heart condition. She was born with this. Because her heart doesn't work as well as mine does, Fatima can get tired very easily.



I have fun playing with Fatima but she can feel very cold and get out of breath when she plays outside with me.



Fatima has lots of hospital appointments and check ups to see if her heart is working properly.

Sometimes I go with her and sometimes I don't.



My mum says that Fatima might need an operation on her heart when she gets older.

That makes me feel worried.

Thinking about the future and my sister makes me feel worried.

Anwar's story



What do you think?

What does Anwar think about his sister's heart condition?

What might Anwar think about Fatima's operation?

How does Anwar feel when he wants to play with his sister?

Who can Anwar ask for help with his feelings?

What might Anwar think about the hospital appointments?

What else might Anwar feel?