



bethany children's
HEALTH CENTER

brain injury

for siblings



You may have heard your parents, doctors, or other hospital staff talk about your sibling having a brain injury. What does that mean? Let's learn a little more about the brain.



what is the brain's job?

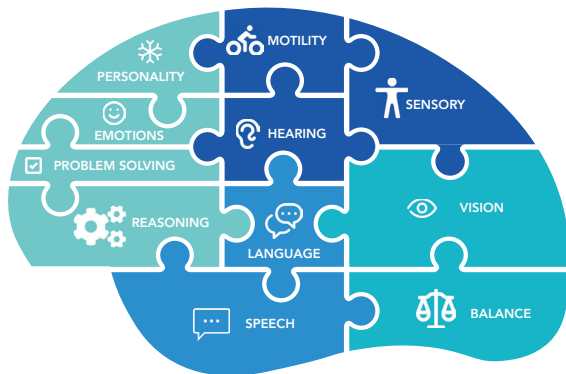
Our brain is inside our head and has lots of jobs.

It helps us be awake and aware of what's happening around us.

It helps us walk and talk.

It helps us think, remember, and make decisions.

The brain also helps us feel our feelings.

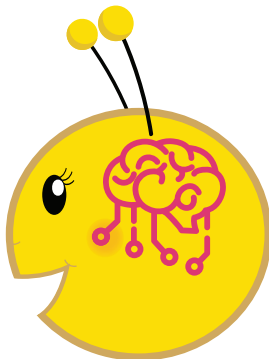


what happens when the brain gets hurt?

The brain does its job by sending messages along pathways, like cars traveling on roads, highways, and interstates.

When someone has a brain injury, the pathways (or roads) may be damaged.

Some roads may be closed, and we have to find a new way to get a job done.



Some roads may be under construction, and it might take extra time or feel frustrating to get a job done.

Just like road construction, brain healing can take weeks, months, and sometimes years.

Your sibling may need help learning to navigate new roads and pathways.

things to remember when visiting your sibling:

Your sibling may have trouble remembering things.

Your sibling's brain is working extra hard, so they will need more time to rest than usual.

Keeping the room dark and quiet will help give your sibling's brain time to rest and heal.

Your sibling has a schedule each day with therapies and may need extra time to rest in between therapies. Be mindful of this time when you want to visit, call, or FaceTime.

Your sibling may become overwhelmed with loud noises, the TV, music, lights, etc. We can do these things for around 30 minutes and then need to take a 30-minute break. These are great activities for the end of the day after therapies are finished.





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