

# Douglas Dog's



**Brain Injury Book  
for Kids!**



## Someone in your family has hurt their brain

Hi! I am Douglas Dog. I am going to talk to you about brain injury. This is because someone in your family has had an injury to their brain. They may have been in an accident, or they could have had a stroke. They have probably been in hospital.

When something like this happens it can be really confusing and scary. There may be things happening that you don't understand. You might not know who to talk to or what to do.

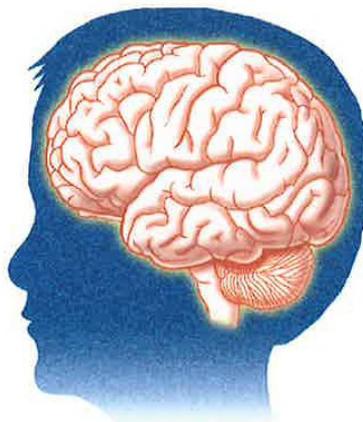
This book was written to help you understand what a brain injury is. It can also help you understand your feelings and find ways to understand what is happening in your family.

Douglas Dog



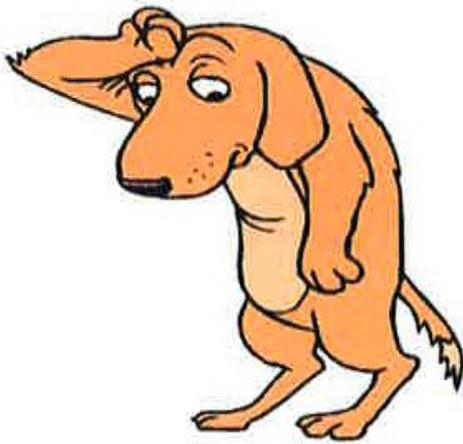
## What is a brain injury anyway?

Your brain is inside your skull. You can't see it, but here is a picture of one here



The brain is like a control room that directs almost all the things that we do: thinking, feeling, talking and moving. Different parts of the brain control all the different things that happen in our body. After people hurt their brain they may walk funny, may be crying a lot, may not be able to talk properly or may shout when they don't mean to.

In real life your brain is a pinkish grey colour and it looks a lot like a large wrinkly walnut.



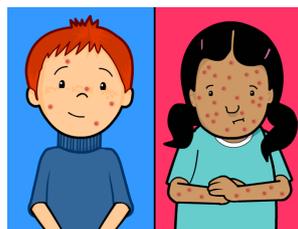
## What is a brain injury anyway?

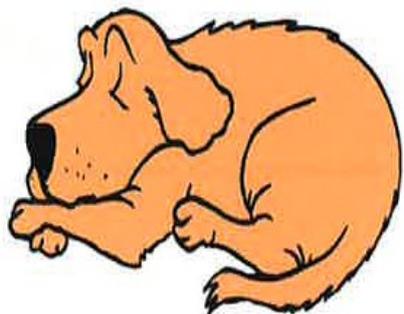
People can hurt their brains in different ways. It can be hurt in an accident, like crashing a car, or falling off a roof. The brain is hurt when it is pushed against the skull and shaken about. This can make the brain swell, bruise, bleed or tear. Those parts that were hurt no longer work properly.



Sometimes people can have a stroke. This happens when one of the tubes carrying blood through the brain is broken or blocked. The parts of the brain that needed the blood are hurt and no longer do their jobs properly.

Sometimes it takes a person a long time to get better from a brain injury. It is not like when you break your arm or have the flu and you get better pretty quickly. But a brain injury is also not like chicken pox, you can't catch it just by being around someone.





## Sometimes people have to stay in hospital or rehabilitation

When the person in your family was hurt, they might have been in hospital. This can be a pretty scary place sometimes, with lots of people rushing about and machines making strange noises.

After people leave hospital they might not go straight home. They might go to another place for rehabilitation. That's a big word, but it really means a place to help the person get better.

It can be pretty hard when you think the person is coming home and they don't. You might really miss having them around and really want them to come home. This can make you really sad.



If the person in your family is in rehabilitation you can draw a picture of what that place is like.

On the next page is a space for you to draw a picture of rehabilitation. This could be the building (what it looks like) or a picture of the types of things people do there.

# My picture of Rehabilitation



A large, empty rectangular box with a pink border, intended for drawing a picture of rehabilitation.



## It is OK to feel sad

When someone is sick or hurt, a lot of people feel sad — even grownups. It is OK to feel very sad and cry a lot.

You do not have to try to hide your tears. Crying may even make you feel a little better.

Why don't you draw a picture of what you think you look like when you are feeling sad.

A large empty rectangular box with a pink border, intended for drawing a picture of oneself feeling sad. The box is centered on the page and occupies most of the lower half of the page.



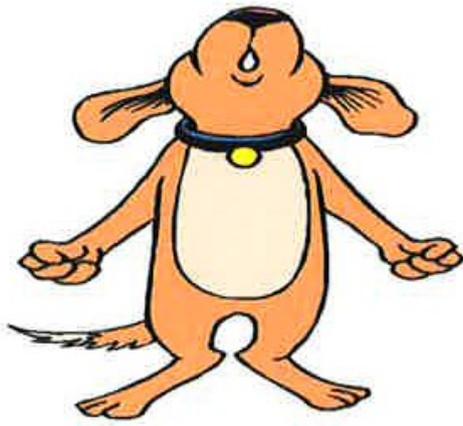
## There are lots of different feelings

When people are sad, they can cry a lot. But sometimes your feelings might feel a bit different, maybe like a pain somewhere in your body. Maybe it feels like a pain in your tummy or head. If you feel this way, tell someone about it, like mum and dad.



When you try to keep these feelings inside, sometimes it can make you feel worse. It is OK to tell someone that you are feeling yucky if you want to.

Sometimes people feel like what is happening is their fault. They may remember when they got angry with the person and said something like "I wish you weren't here" or "I don't like you". Everyone says things like this. If you are thinking like this, it is important for you to know that **you cannot think a person to get sick.**

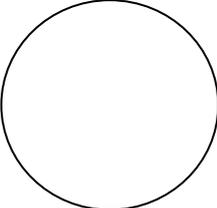
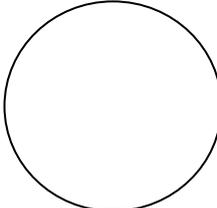
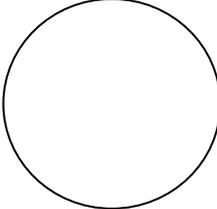
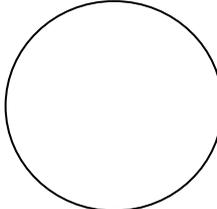


## There are lots of different feelings

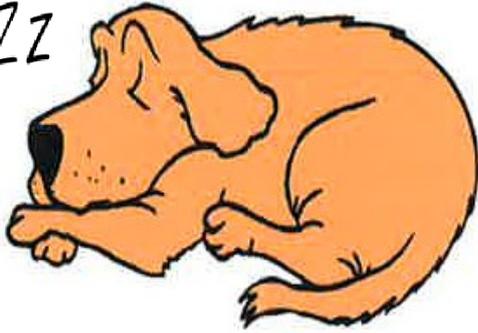
When someone is sick or hurt, you can have lots of different feelings.

You might feel scared, guilty, sad, or even angry. It's OK to have any of these feelings. People also sometimes feel happy, particularly if they are having fun. Just like it is OK to feel sad, it is OK to feel happy and have some fun.

Draw faces with the different feelings on them in the boxes.

<b>My Feelings</b>		
 Sad	 Happy	
 Scared	 Angry	

Zzz



## Sometimes people have bad dreams

Sometimes people can have bad dreams about what has happened. They can be pretty scary and wake you up. You might try really hard not to go back to sleep so you don't have any more dreams. If you don't sleep you will probably get pretty tired the next day.



Sometimes people have scary dreams because they are worried something else might happen to them. They may be worried about lots of different things.

Lots of people have scary dreams. Sometimes it's good to talk about them with someone, like mum or dad. This might help you stop worrying all the time.

You could also write a story about your dream or draw a picture so that you can show your mum and dad. On the next page is a space for you to do this.

# My Dream



A large, empty rectangular box with a pink border, intended for writing a dream.

## Douglas Dog



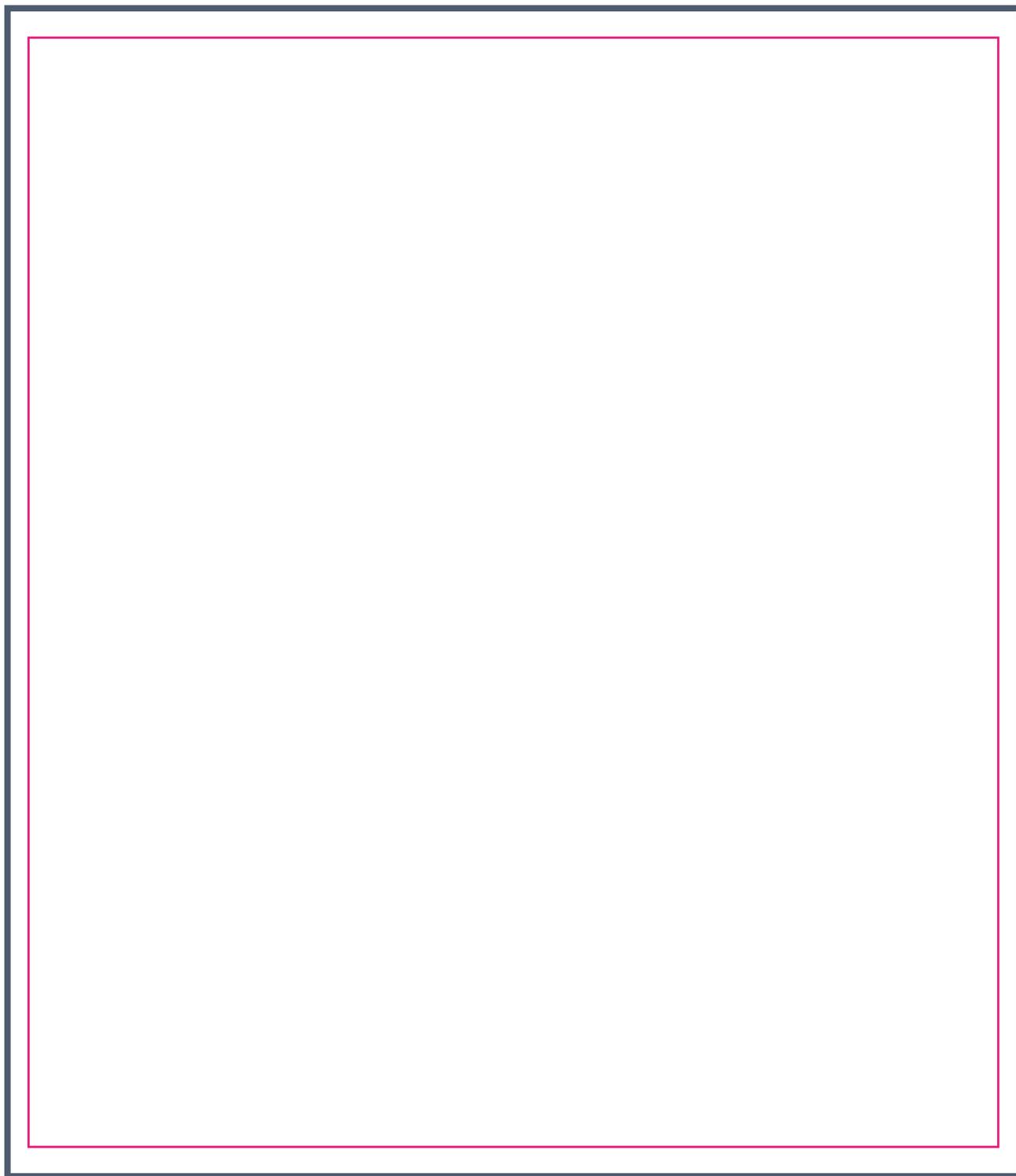
## What do you do to feel better?

There are many things that you can do to help you feel better. Why don't you try one of these:

- ☺ Write a letter to Douglas telling him what has happened
- ☺ Draw a picture of something that you like
- ☺ Draw a picture of something that makes you feel happy
- ☺ Talk to a friend
- ☺ Draw a picture of how you are feeling
- ☺ Go for a walk with a friend
- ☺ Write a letter to the person who is sick or hurt
- ☺ If you are feeling angry, you can make a pillow into a punching bag
- ☺ Go down the back of the yard and yell out loud
- ☺ Listen to your favourite music
- ☺ Write a story about how you are feeling
- ☺ Play a game with friends
- ☺ Ride your bike
- ☺ Write a story about what is happening and then read it to someone
- ☺ Get a hug from your favourite person

Some people find it helpful to draw a picture or tell the story of their mum or dad's brain injury. Like if they were in an accident or had a stroke. On the next pages you can do this.

Draw a picture here ...



Write your story here ...



A large rectangular area containing 20 horizontal lines for writing a story. The lines are evenly spaced and extend across the width of the writing area.



## It's OK to be happy and enjoy yourself

It's OK to be happy, to laugh and to have fun. It is really important when you have sad times that you also have some fun.

Maybe when you think about the person who is sick or hurt you remember a time when you have had fun together or maybe you can have some fun with one of your friends.

Draw a picture of a time when you and the person had fun together.

This is a happy time I shared with \_\_\_\_\_

Now draw a picture of some of the things that make you happy.

## ME Being Happy





## It's OK to be happy and enjoy yourself

When someone gets sick or hurt, you have lots of questions, but people seem too busy to talk to you.

You can write down or draw a list of things that you want to know more about. You can give this list to a grown-up, maybe mum or dad, to read through with you.

Some things I would like to know more about:

1.

2.

3.

4.

5.

6.

7.