

# Sibling Puppet Program



**What to expect:** Mark and Mike are twin brothers. Mike is at home and finds a note from his mom listing all of the things she needs him to do while she is at an appointment with Mark, who has Cerebral Palsy. Mike becomes resentful of the time that Mark spends with their parents and the chores he has to do. Mark explains he has too much time with their parents. Together, they make a plan on what to say to their family to even things out.

*Approx. 25 minutes for puppet show and Q&A.*

## Key Program Points:

- Mike has lots of feelings about having a brother with Special Needs: love, joy, frustration, jealousy...and more. Many of these feelings are shared by anyone who has a sibling, but it is also a little different when your sibling has a Special Need, like Cerebral Palsy.
- It is important to talk about your feelings with your parents and let them know what your needs are
- There are resources and support for siblings of people with Special Needs
- Mark was born with CP, which affects muscle tone, movement and motor skills. His muscles are stiff. Because of this, he has challenges with walking and talking, but he can do both.
- CP is different for everybody and affects each person differently
- Mark goes to speech and physical therapy
- Mark has an active life and plays sports and has responsibilities at home

## Resources:

<https://www.vermontfamilynetwork.org/services/family-support/sibshops/>

<http://www.includevt.org/>

<https://www.friendshipcircle.org/blog/2013/11/06/20-cerebral-palsy-resources-you-should-know-about/>



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[VermontFamilyNetwork.org](http://VermontFamilyNetwork.org) or call  
(800) 800-4005

