

ME AND MY DADDY



By

Age

This book is to help you understand more about what happened to your daddy.

There are some questions to answer as you go through the book



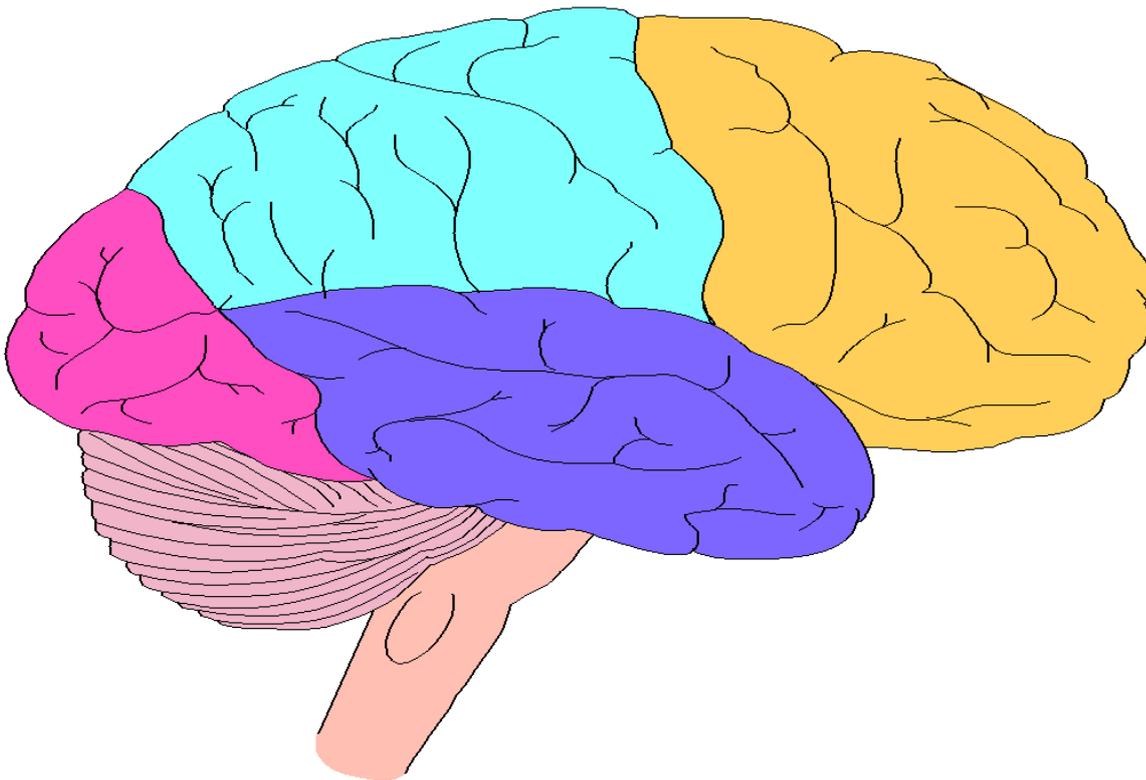
and some places to draw pictures, you could colour your pictures in as well.



YOUR BRAIN

Your brain is very important. This is what it looks like. You can see there are many different parts.

Do you like the colours? You could colour over the top in the different parts with your favourite colours.



The parts of your brain connect with each other and send lots of messages in different ways a bit like phone calls or text messages.

Your brain is like a remote control or a computer it's in charge of lots things. It helps you to think and remember things, it helps you to walk and move, to draw a picture, it helps you to see, hear, taste and smell it even helps you to go to sleep and dream.

This is a picture of one of the things the brain is in charge of



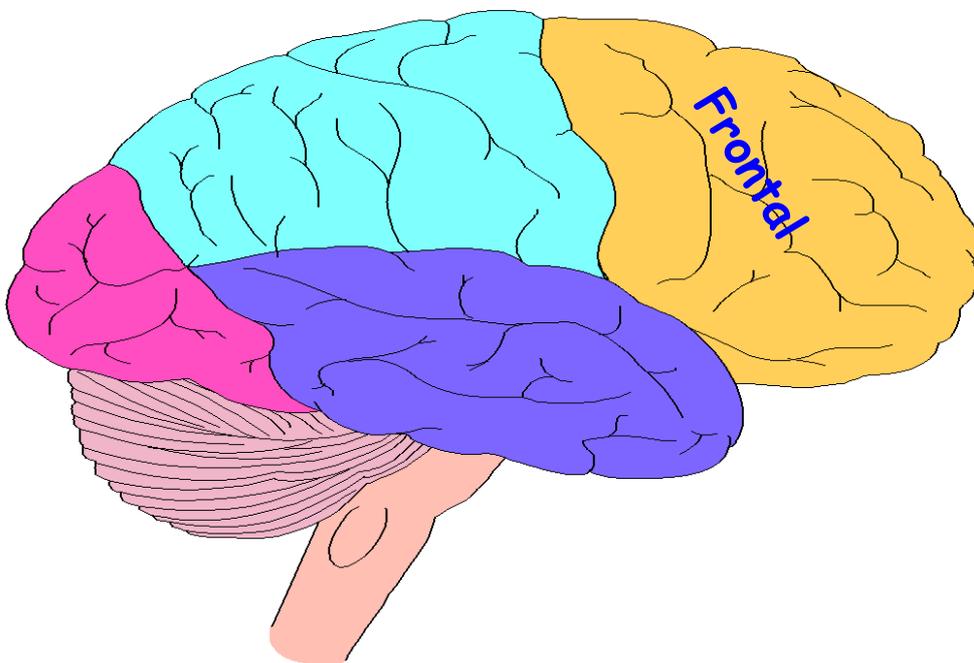
What is this man doing?

What other things do you think the brain is in charge of?

You could draw some pictures of things your brain helps you do.

WHAT DO THE DIFFERENT BITS OF OUR BRAIN DO?

Look at this colourful picture of the brain and find the frontal bit. This is at the front underneath your forehead. This part of the brain helps us to behave ourselves properly and not to be rude to people or do silly things. For example you might decide to shout at the teacher during your lesson at school but the front part of your brain would tell you not to.

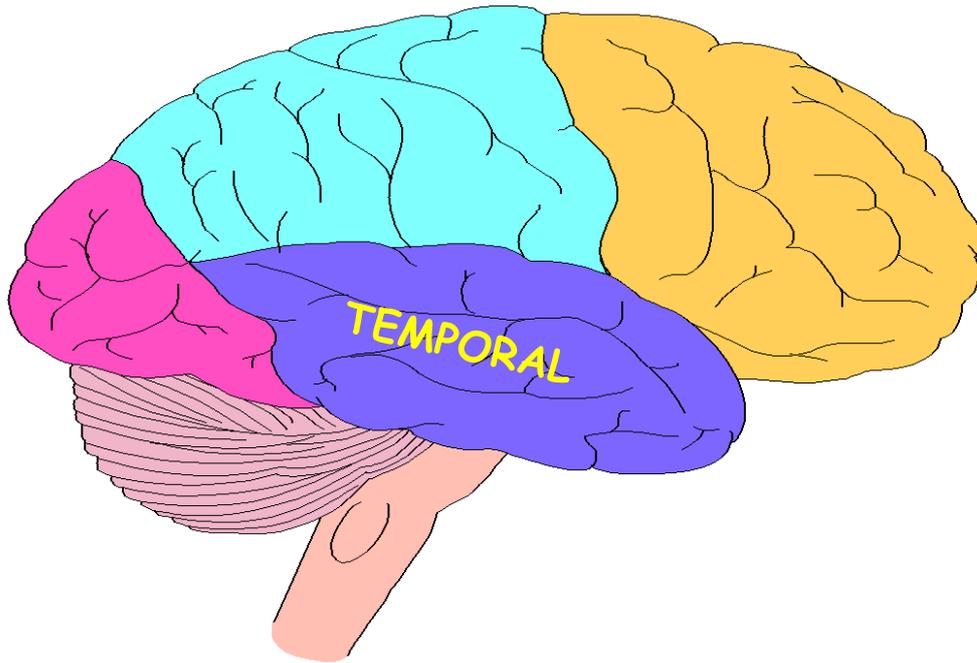


This bit works differently after someone has hurt their brain. They may do or say things you think are silly or get cross easily.



Do you think your daddy is a bit different than he was before his accident?

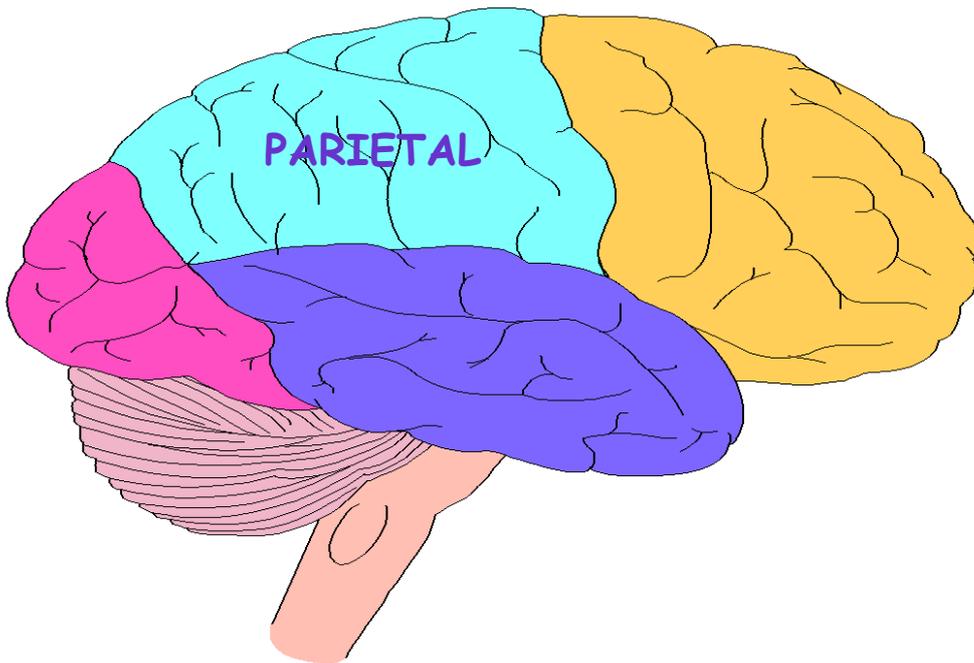
Now try to find the temporal bit. This is at the side of your head. This part helps us remember things for example what you had for breakfast, remembering to do your homework.



When someone has hurt their head they might forget things that have happened even things they have done only a short time ago.



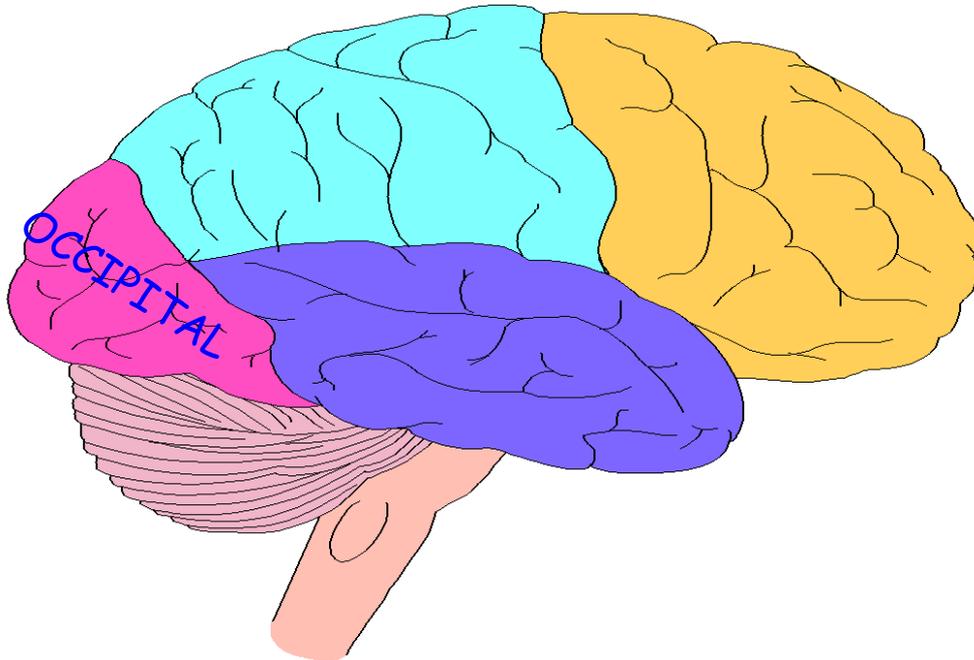
Now find the parietal bit. This is on the top of your head and helps us to read and write and make sense of what we see, hear and touch.



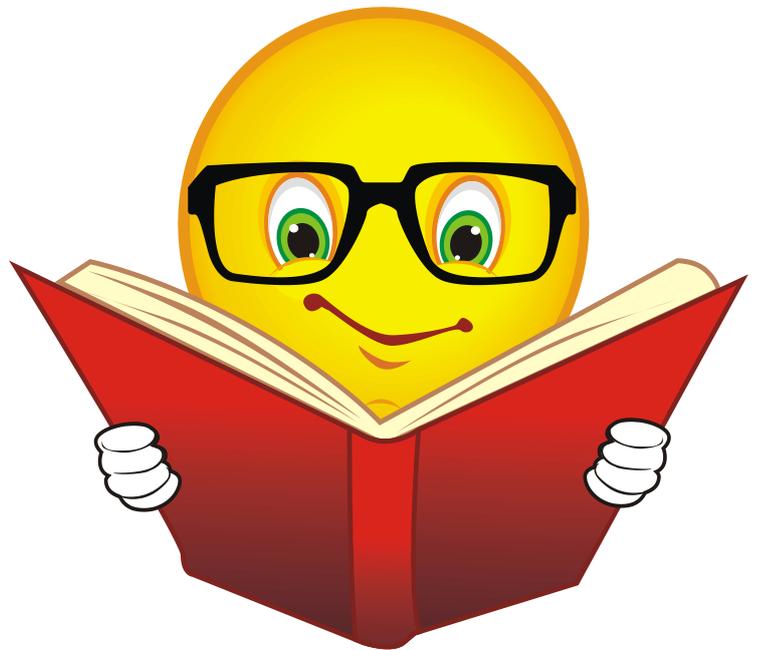
When someone has hurt this part of their head they might have a problem reading and writing or putting things like a jigsaw together.



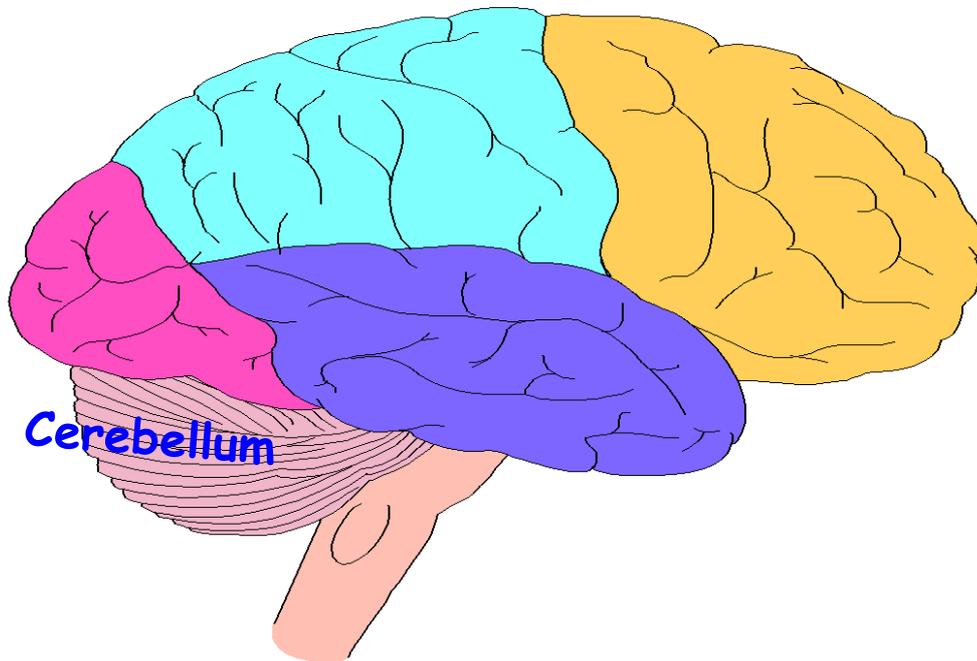
Can you find the occipital bit at the back? This bit receives messages from your eyes so you can see.



When this bit has been hurt someone might have a problem seeing properly and could even be blind.

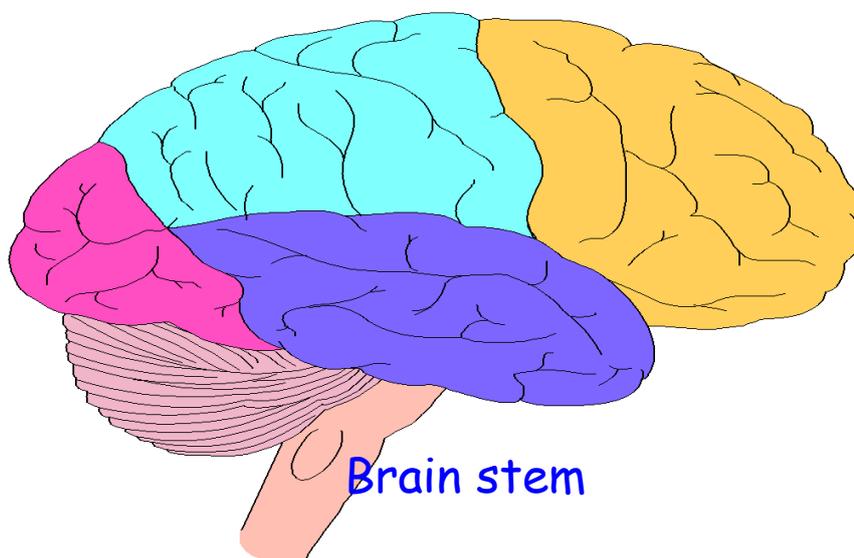


Can you find the cerebellum , it's the pink bit at the bottom of the brain in the picture. This is the part that helps you to keep your balance.



People who have hurt this bit of their brain would find it hard to keep their balance and might fall over or they may feel dizzy or as if they are spinning

The last bit for you to find is the brain stem, this is like a stalk right at the bottom. This is the part that carries all the messages sent by the rest of the brain to the body. It does other things as well for example tells you to breathe, make your heart beat, tells your tummy to digest your food, makes you go to sleep and wake up again.



People who have hurt this bit of their brain may have problems moving about and talking. They may be a bit sleepy at times.

WHAT HAPPENED TO DADDY?

Brief description e.g.

2 years ago daddy had an accident in his car he hurt his head and some parts of his brain were damaged.

What do you know about daddy's accident?



If you want to you could draw a picture of you and daddy

WHY CAN DADDY DO SOME THINGS AND NOT OTHERS?



The brain is protected by the skull which is very hard so when it is banged not all of the brain is hurt.

The brain is very clever and sometimes mends itself. Your daddy's brain has been very busy mending itself since his accident.

Even if it can't mend itself completely daddy can learn new ways of doing things. The nurses and therapists are helping your daddy to learn new ways.

Your daddy has been working very very hard so he can do some things as he did before. You should feel proud of him!

What things are the same about your daddy?

WHY IS DADDY DIFFERENT NOW?

Your brain is a bit like a computer. When it doesn't work properly there are things that would be harder for it to do.



For example talking properly,
remembering things

What things do you think are different about your daddy?



Here are some things you might have noticed

- ☆ He takes a long time to answer you because he is slower than he was before
- ☆ He might find it difficult to find the right words
- ☆ He gets tired so needs lots of rest
- ☆ He sometimes loses his temper when you are not expecting it
- ☆ He knows what he wants to say but sometimes finds it hard to think of the right words
- ☆ He finds it hard when lots of things are happening all at once

Can you think of times when these things have happened?

WHY CAN'T MY DADDY TALK TO ME?

The muscles daddy needs for talking are not working properly so he can't make sounds. He **CAN** hear you though, so keep talking to him and telling him what you have been doing at school and with your friends.

Daddy can use a special board to let people know what he is thinking. The nurses will show you how to use it.

Here is a picture of daddy's board, look at the different coloured letters, which colour do you like best?



WHY WON'T DADDY WAKE UP?

Daddy has hurt his brain very badly so it is closed down for now. Nobody knows how long it will stay closed down.



The therapists are doing some special tests on daddy to look for signs that bits might be waking up. It might take a long time. You should still talk to your daddy and tell him all your news; he might still be able to hear you.

It would be nice if you could draw a picture for daddy and hang it up in his room.

What things can you think of that you and daddy might enjoy doing together?

You could draw some pictures of you and daddy having fun!!!



WHEN WILL DADDY GET BETTER?

After the brain has been hurt it can take a long time to mend. Sometimes it might not work exactly as it did before and daddy may always be a bit different than he was.

It is very difficult to get used to your daddy being different

BUT!!!
Don't
FORGET!

he is still your daddy and he still loves you.



You could draw a picture of you and your best friend in the space below. How are you different?



HOW CAN I HELP MY DADDY?

There are lots of ways you can help him. You could sit quietly with him and just hold his hand or you could tell him about school and your friends, that would make him happy. It would be nice for you to read him a story, watch television with him or listen to some music. He would like to have some photos of you and some of your pictures. It might be possible for you to go out with your mummy and daddy in the hospital ambulance with a nurse.

You could draw a picture of you with your mummy and daddy going out together.





WHY CAN'T DADDY COME HOME?

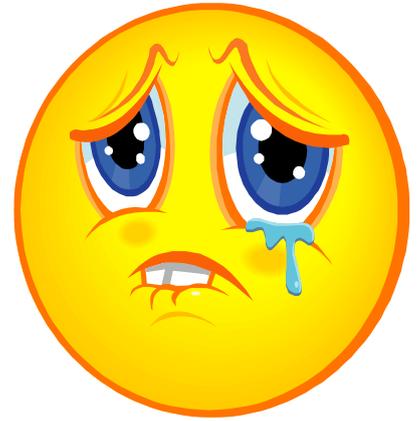
Daddy needs people to take care of him and do the things that he can't do for himself for example giving him a shower in the mornings, helping him get dressed, giving him food through the tube in his tummy. Everyone in the hospital is helping daddy to get as well as he can. It takes a long time.

Do you know any of the nurse's names?

If you want to you could draw a picture of the nurses helping daddy.

WORRIES

Talk to mummy or daddy or another grown up about anything you are worried about or you could write it down here. Try not to get upset or scared.



REMEMBER to have lots of fun at school and with your friends. Being cheerful and smiley is good for you and for your mummy and daddy and your whole family.