

## Caring for yourself and other family members



### The teenager with PWS in the family

As your son or daughter reaches teenage years, you will already know many of their strengths and weaknesses.

Teenage years include times of transition: from school to college or beyond; from childhood to adulthood and these times can sometimes cause anxiety about the future.

You will be best able to help your son or daughter through this time if you make time for yourself and other family members, so that can “recharge your batteries.”

### You and your family

Other children in the family are just as “special” as your child with PWS, and they need to feel that they are getting your attention just as much as he or she is. Your partner is equally special.

Try to make time for other family members’ enjoyment and activities, and accept offers from relatives to look after your son or daughter with PWS while the rest of the family, or you and your partner, do something together.

Everybody needs “me-time”, especially those with special needs children – so always find time to do the things you enjoy most.

### Brothers and sisters

Sometimes other children in your family can become jealous or upset by the behaviour of your child with PWS, or the limitations on food access. You may wish to give them the PWSA leaflet For Brothers and Sisters which explains the syndrome in simple terms and what they can do to help. You can find it at <https://www.pwsa.co.uk/assets/files/Siblings.pdf> or contact the PWSA UK office for a hard copy.

### Support from other organisations

Contact a Family <https://contact.org.uk/> offers workshops in some areas to help you strengthen family relationships and it also has online resources which you may find helpful. Mencap [www.mencap.org.uk](http://www.mencap.org.uk) and the National Autistic Society [www.autism.org.uk](http://www.autism.org.uk) also offer local support groups.

You may be able to find local groups for siblings and you may be able to get respite for your family. Contact your local social services or child development centre to find out more.

## Please remember—you are not alone!

Although PWS is rare, we are in touch with nearly 1,000 families who have a child or adult with PWS in the UK, and we know how much they appreciate being able to have contact with other families to share experiences or ask questions. We have a number of ways to help you do this.



Join our Facebook page - [www.facebook.com/PWSAUK](http://www.facebook.com/PWSAUK)

Follow us on Twitter at <https://twitter.com/PWSAUK>

Come to one of our **regional family days** - If you are PWSA UK member, you'll be notified about them in advance. Or check our website at [www.pwsa.co.uk/meet-families-and-find-events-near-you/](http://www.pwsa.co.uk/meet-families-and-find-events-near-you/) for family events.



Call or email our PWSA UK office at 01332 365676 or [admin@pwsa.co.uk](mailto:admin@pwsa.co.uk) and speak to one of our friendly and knowledgeable support staff members.

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