



**Down's Syndrome
Association**

A Registered Charity No. 1061474

Emotional well-being



Changes that can happen in families

Easy Read

A Down's Syndrome Association publication

Changes that can happen in families



This is about **some** of the **things that can happen in families**. It is about **changes**.

Change is when something **different happens**. Changes can be **big** or **small**.

Changes are normal. Changes are **part of life for everyone**.



Some of these things may happen in your family.

But some may not.

Families are all **different** – they can be:

- a mum and a dad
- a mum on her own
- a dad on his own
- two dads or two mums
- no mum and dad



Changes that can happen in families



Families are all different.

Some people **grow up** with their **parents** and **brothers and sisters**.

Some people **grow up** with their **grandparents, aunts, uncles or foster carers**.

Foster carers are people **who look after you** but they are not related to you.



Families can **get on well** together.

But **sometimes** families have **arguments**.

This is **normal**, we **all** have **arguments**.



Someone in your family **may** become **ill** or **unwell**.

This is **part of life**. **We all get ill** sometimes.

They **may get better soon**. Or they may be **unwell for a long time**.



Changes that can happen in families



Families **move home**. This can happen because mum or dad **changes their job**.

Or because you need a **bigger or smaller house**.

It happens for **lots of reasons**.

Your **brother or sister may leave home** to live on their own, go to university or to live with their partner.



This is part of growing up.

You may miss them. That's OK.

You can keep in touch with them by phone or online.

When you are an adult, you can make choices about where you live too.

Changes that can happen in families



Your **brother or sister may come back** to live with you in your family home.

This happens in **lots of families.**

It may take time to get used to having them around.

There may be some arguments.



Your brother or sister **could have their own children.**

You will be an **aunt or uncle.**

Changes that can happen in families



Your parent could have **another baby**.

You will have **a new brother or sister**. This might be exciting.

Your family will be bigger so you **may have to move** to a **bigger house**.



Sometimes **parents stop being friends**. This is just **something that happens**.

They may decide to **split up**.

This is sometimes called **divorce**.

One of your parents **might go and live in a different house**.



One of your parents **might go and live with someone else – a new partner**.

They may **get married** to their new partner.

Changes that can happen in families



Their **new partner** may **already have children**.

This means you will have some **new family**.



Your parent **may have a baby** with their new partner.

You could ask to see photos of the new baby – maybe you will get to meet them too.

Changes that can happen in families

Some of these changes will feel good.

Some of these changes will feel bad.

Remember – if any of these things happen in your family, it's not your fault.

You have **not done anything wrong.**

You are **not to blame.**

These things can happen in any family.

If you are **worried** about any of these things, **tell someone you trust.**

This could be your mum, dad, brother, sister, teacher, support worker or friend – **someone you know well.**

You can talk things through with them.



How we can help



We offer advice over the phone.

You can call us on 0333 1212 300.



We are happy to answer your questions.

The helpline is open Monday to Friday
from 10am until 4pm.



There are lots of **FREE** resources on our website:

downs-syndrome.org.uk



You can also email us at

info@downs-syndrome.org.uk

You can write to us too. Our address is:

Langdon Down Centre
2a Langdon Park
Teddington
Middlesex
TW11 9PS

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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