

Me and my deaf brother and sister



Information for parents

It can be hard for hearing children to understand that their sibling is deaf or what it means. They may feel worried, confused or even left out.

This activity booklet will help young hearing children learn about what deafness is and what it's like to be deaf. There are also lots of fun activities and stories to help your child explore and express their emotions.

Your child can look at the pictures and complete the colouring page on their own. But to get the most use out of this booklet, we recommend spending some time reading through the pages together. This way you can explain what's being said on each page and answer any questions that might come up. Some of the craft activities at the back will need an adult to help set them up.

You might like to ask simple questions as you go, such as:

- What do you think it means to be deaf?
- What do you think is easy or tricky for your brother or sister?
- How does that make you feel?
- What can we do to help each other?





Activity

My family

Draw or stick pictures of you and your family in the frames below.

Me

My brother
or sister

My family



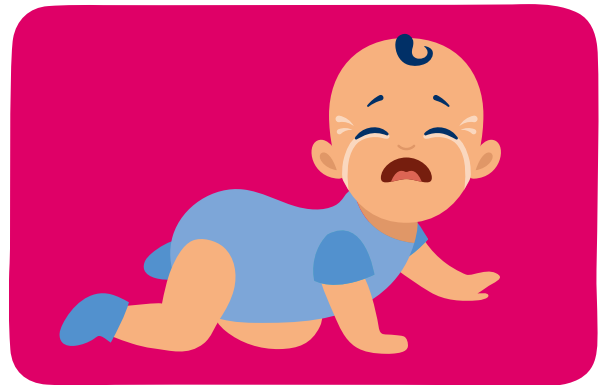
What is deafness?

Your brother or sister is deaf. That means they can't hear everything you can, but with a little help, they can do lots of the same things you can do.

What can your brother or sister hear?

Your deaf brother or sister might be able to hear lots of sounds, or they might not be able to hear any.

Circle what your brother or sister can hear. If you don't know, ask your parents or your brother or sister.





Activity

Does your brother or sister wear something on their head or ears?

Your brother or sister might wear special things on their head or ears to help them hear.

Help Meera, Duncan and Bo decorate their hearing devices using colours and stickers.



I'm Meera.
I wear hearing aids.



**I'm
Duncan.
I wear a
cochlear
implant.**

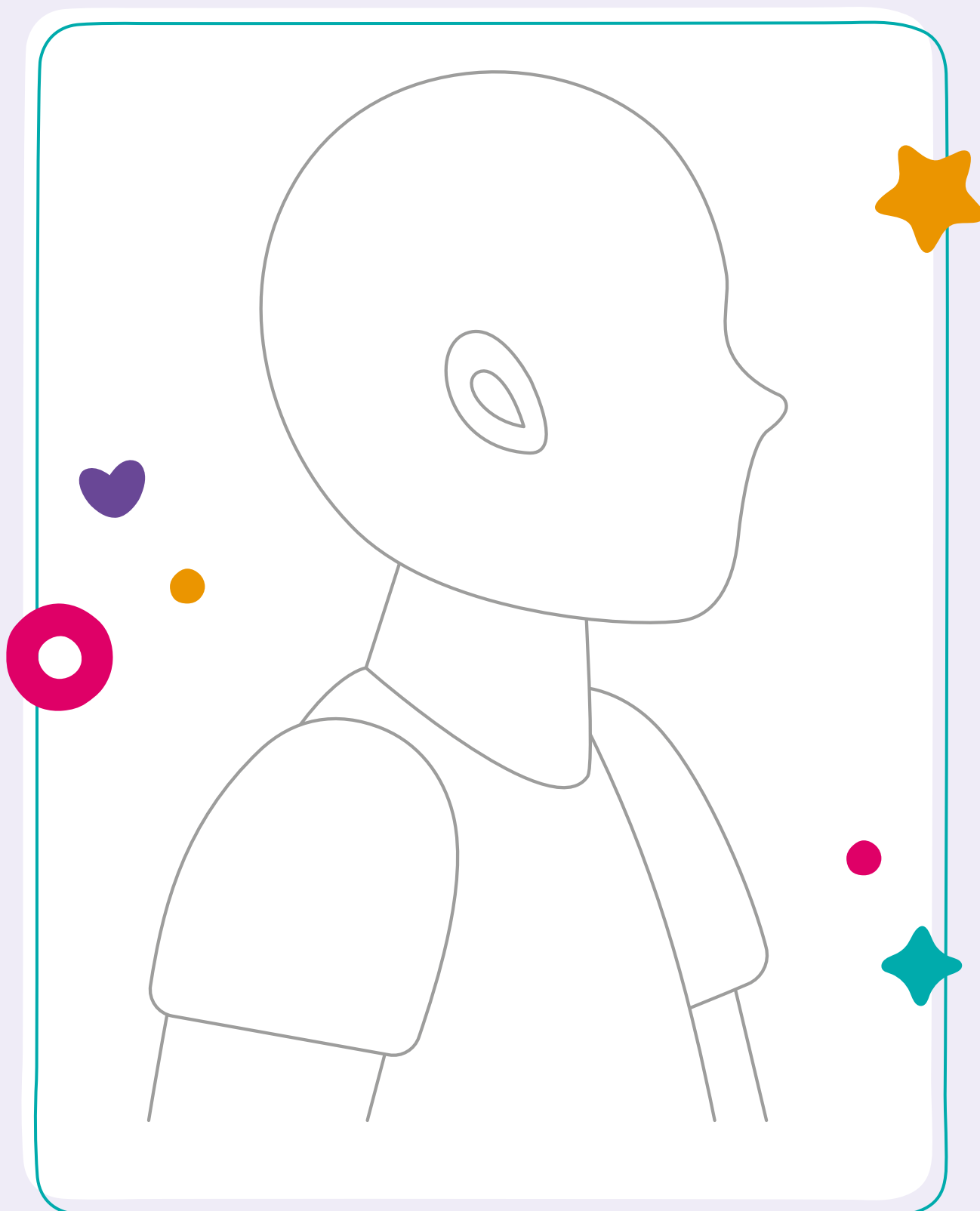


**I'm Bo.
I wear a
hearing
aid on a
special
headband.**

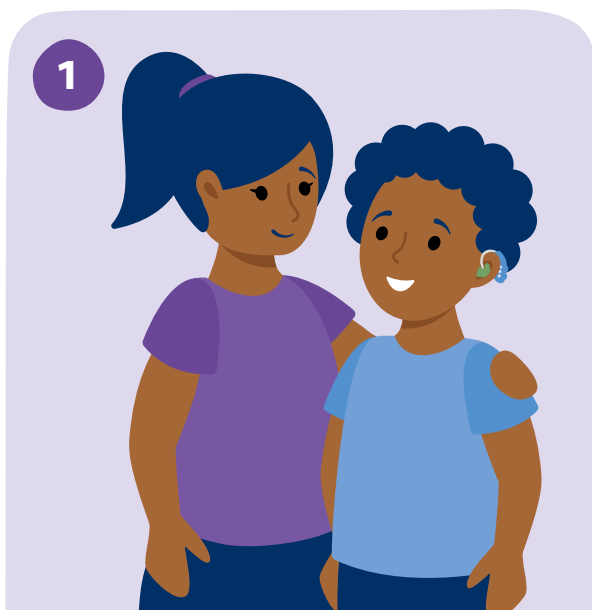


Draw your brother or sister

Draw your brother or sister below. Make sure you draw their hearing technology if they wear any.



Ava's story



1
This is my little brother, Zak.
We're going to the park today.



2
It's raining, so I tell Zak to bring
his wellies. I don't think he hears
me. Maybe it's because he can't
see my face!



3
I tap him on his shoulder.
When I face him, he can see
my lips moving. This helps him
understand what I'm saying.



4
"Get your rain boots on," I tell
Zak. I have to repeat myself a lot,
which is sometimes annoying.



We get our coats and rain boots on. We're ready to go.



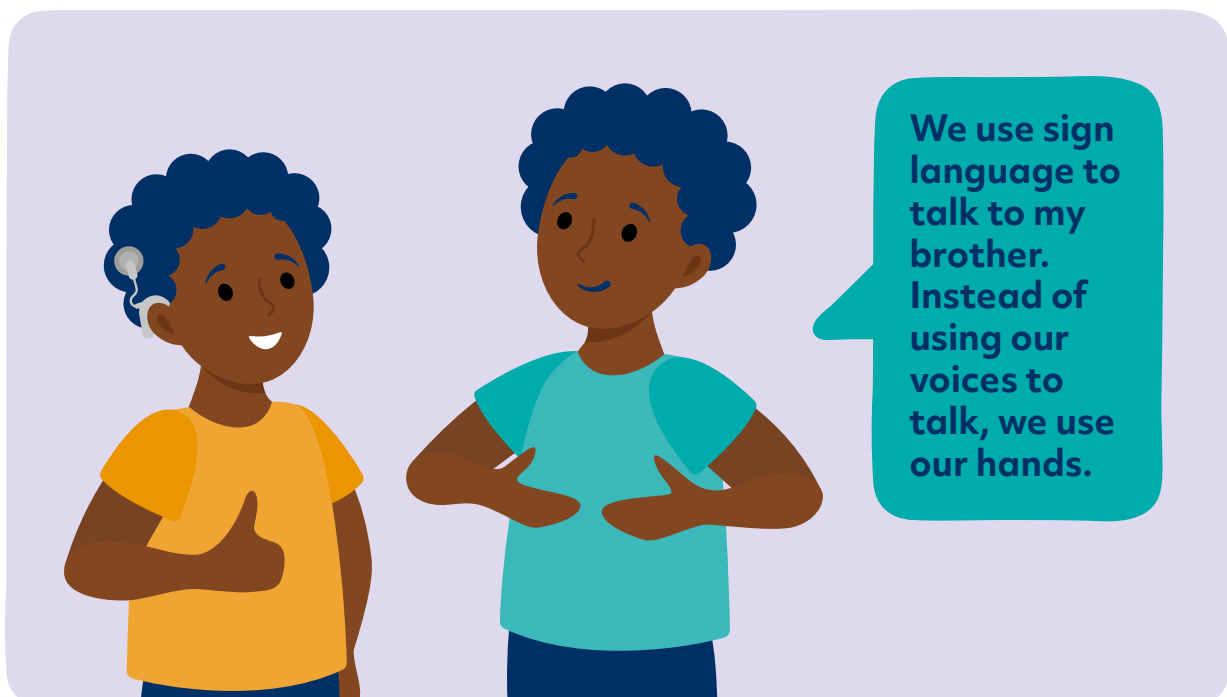
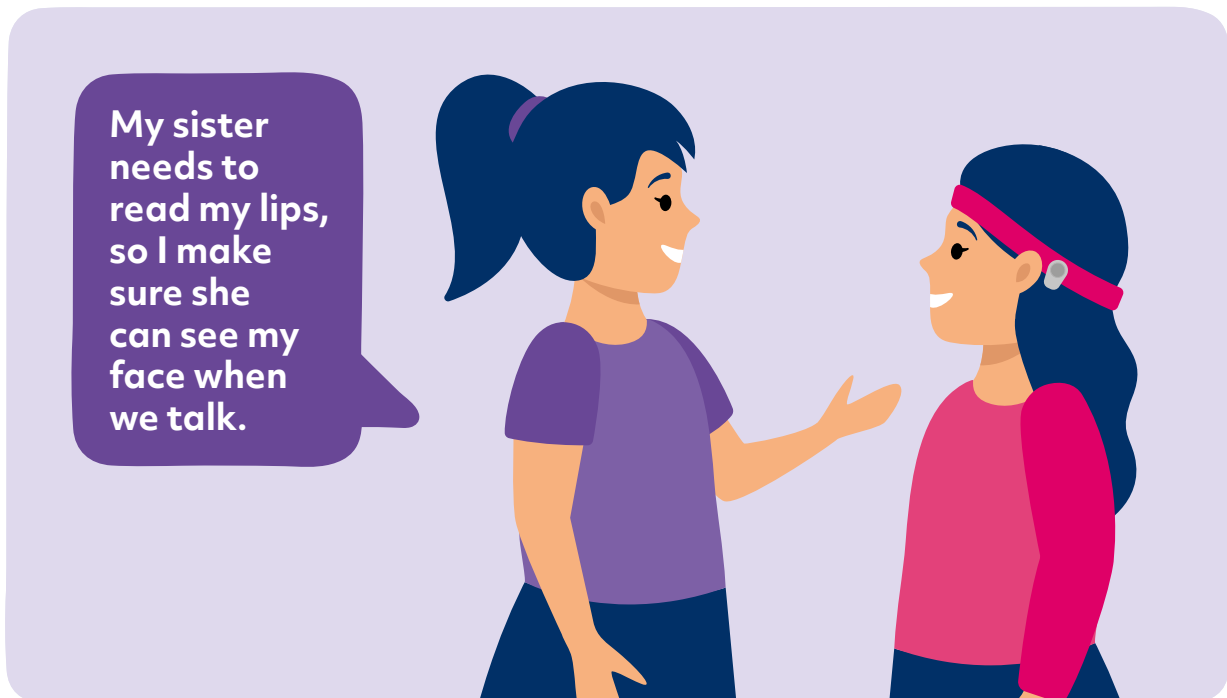
I want to play on the swings with Zak. To make sure Zak knows what I'm saying, I point at the swings. I wait for Zak to nod his head.



We have a lot of fun playing on the swings.
I love going to the park with my family.

How do you talk to your brother or sister?

There are lots of ways to talk! Other children told us how they chat and play with their deaf brother or sister.



If she doesn't understand me, I will point to what I'm talking about. Or I'll act it out!



My brother can't hear when he's not wearing his hearing aids, but we can still play with our toys!



Colour me in

ice cream



I feel...

It's OK to feel different things about your brother or sister. You might have lots of fun together, but sometimes it can be hard having a deaf brother or sister.

Here's what other children have said about their deaf brother or sister.

**They get lots of attention,
and I sometimes feel
left out.**



**I like that my sister
doesn't mind when I'm
being loud!**



**I have to repeat myself a
lot of times.**



**How do you feel today?
Draw yourself below!**



Activity

We can have fun together!

Ask your parents or a grown-up to help you with these activities.



Fuzzy feelings box

What you'll need

- Shoe box
- Glue
- Tape
- Paper
- Materials to decorate the shoe box (like stickers, markers or paint)

What to do

- 1 Decorate the shoe box.



2

Using the cut-out feelings cards below, pick a card that shows how you're feeling today and put it in the box.



3

Look at the cards you've put in the box with your parents.



Happy



Sad



Angry



Silly



Scared



Confused



Annoyed



Excited



Jealous



Calming glitter jar

What you'll need

- Glass or plastic jar with a lid
- ½ cup (125ml) clear glue
- Distilled water
- 1 or 2 teaspoons glitter
- Food colouring (optional)
- Sequins (optional)



How to make the glitter jar

1. Pour half a cup (125ml) of distilled water into a clean jar. Unlike tap water, distilled water contains no contaminants or minerals and will help keep glitter jars mould-free.
2. Next, pour half a cup (125ml) of clear glue into the jar. If you want, you can tint your glue with 1 to 3 drops of food colouring. You can also use translucent colour glue – it has a beautiful effect!
3. Sprinkle 1 or 2 teaspoons of craft glitter into the jar. You can use a combination of fine, standard and chunky glitter. It's also fun to add shaped sequins, such as hearts, to glitter jars.
4. Fill up the remainder of the jar with distilled water. Wipe off the rim with a dry paper towel.
5. Close the jar tightly, and ask your grown-up to help you make sure it's secure. Then, shake the jar well to distribute the glitter and glue.

How to use glitter jars

1. Ask your seated child to hold and gently shake the glitter jar.
2. Invite your child to watch the falling glitter while taking deep 'belly breaths' with long, slow exhalations.
3. When the glitter and sequins have settled, calmly invite your child to talk about his or her feelings. Take it further and invite them to draw their feelings.

Happy memories

What do you like to do with your brother or sister? Circle or draw it below!



**Draw your favourite memory
with your deaf brother or sister**





Activity

Draw your senses

Close your eyes. What can you hear? What can you smell, touch or taste? Draw it in the boxes below!

What can you hear?

Draw 3 things you can hear.



What can you touch?

Draw 3 things you can touch.



What can you smell?

Draw 3 things you can smell.



What can you taste?

Draw 3 things you can taste.



Paper plate face

What you'll need

- Paper plate
- Wooden stick
- Paint or crayons
- Colour paper or cards
- Googly eyes (optional)
- Glue stick
- Scissors

What to do

1. Paint or colour the paper plates with the skin tone colour of your choice.
2. Paint or colour on some hair. If you have coloured paper, you can cut out some pigtails or a ponytail and stick it on the back of the paper plate with the glue stick.
3. Take some white and black cards. Cut out different eye shapes and mouth shapes to show lots of different emotions. Think what eyes and mouths look like when we're sad, shocked or cross. Stick these on with a glue stick. If you have googly eyes, you can use these instead or even draw on eyes and a mouth with crayons.
4. You can cut out ear, hearing aid or cochlear implant shapes and glue them to the sides of your paper plate face.
5. Glue the wooden stick to the back of your plate so you can hold the face up.
6. Play and have fun with different faces.



Tips for parents

There are lots of ways to explore emotions with young children.

Songs and rhymes

Many nursery rhymes and songs teach children how to name different emotions.

Try singing 'If You're Happy and You Know It'. You can start to add different emotions like, "If you're angry and you know it, stomp your feet."

Read books

Books are a great way to explore how different characters think and feel. When reading with your child, pause now and again to ask your child how they would feel if they were one of the characters in the story.

We have children's books featuring deaf characters. These are available to buy at ndcs-bookshop.myshopify.com.





We're the National Deaf Children's Society, the charity for deaf children with any level of hearing loss.

Helpline

0808 800 8880 (voice and text)
helpline@ndcs.org.uk

ndcs.org.uk



We're always looking for ways to improve our information.

Use your smartphone's camera to scan this QR code and share your feedback on this resource.

You can also give us your feedback by emailing your comments to informationteam@ndcs.org.uk.

© National Deaf Children's Society October 2025

Published by the National Deaf Children's Society
167-169 Great Portland Street, 5th Floor, London W1W 5PF

Tel: 020 7490 8656 (voice and text) Fax: 020 7251 5020

This publication can be requested in large print or as a text file.

The National Deaf Children's Society is a registered charity in England and Wales no. 1016532 and in Scotland no. SC040779. G0142