



SEP Training

# *An open platform for siblings of children with disabilities*

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Age 8—14

Karolien Remmerie, occupational therapist  
Trixie Pujol, clinical counsellor

Sat., 3<sup>rd</sup> November 2018, 9 a.m.—4:30 p.m.

Rainbow School, Kitisuru

5000/= KSh./sibling

4000/= KSh./sibling when 2 from the same family



# An open platform for siblings of children with disabilities

Siblings of children with disabilities are often forgotten when thinking about social inclusion. While care and attention focus on their brother or sister, they are left alone with their questions and anxieties. In school and with other children, they may face stigma and exclusion. Psychosocial support for siblings helps them strengthen their personality. It also fosters them in their ability to support their brother or sister and to love him/her.

The workshop is an opportunity for siblings of children with disabilities to meet other children going through similar experiences. They will be able to share about the good and not so good experiences of having a sibling with a disability while providing peer support. It is a daylong workshop with dynamic activities, and also a time to have fun and laugh. We will celebrate the contributions made by siblings of children with disabilities.

As many siblings in Kenya come from a variety of different nationalities and ethnicities, we will be receptive to different cultural views and beliefs. We are also aware that many children frequently move and this may affect friendships and family dynamics around having a sibling with a disabilities.

## Session Plan

- Warm up and get to know each other
- What disabilities are — define and describe
- How it feels to have a disability
- Living together with a child with a disability: strengths and challenges
- Why a child with a disability behaves like this: perception, interpretation and behaviour, emotions
- How the sibling feels
- What about me?
- What I can do to interact well: acceptance
- What I learned: presentations
- Wrap up and celebration

## About the Facilitators

**Karolien Remmerie** is an occupational therapist with over 30 years of experience working with children with special needs. She runs her own therapy centre. Beside this, she is the director of SEP. **Trixie Pujol** holds a masters degree in clinical counselling. She has 27 years of experience working with children with disabilities, 23 of them focusing on autism. Her practice covers young children with autism, speech delays, sensory processing disorder, and with children with social and behavioural challenges.

## Date and Time

Saturday, 3<sup>rd</sup> November 2018, 9 a.m.—4:30 p.m.

**Venue** Rainbow School, Kitisuru

Upon subscription a short questionnaire will be sent out to the parents.

## Fee

5000/= KSh. (incl. healthy lunch and tea breaks)  
(4000/= KSh./sibling for 2 or more when from the same family)

Payment via M-Pesa

(Paybill 919974, A/C 0455325994)

## Reserve in advance

Before 26<sup>th</sup> October 2018

Phone 0733 267 869

Email [sep\\_professionals@yahoo.com](mailto:sep_professionals@yahoo.com)

Contact person: Louisa Wangalwa

## SEP contact

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## About Special Education Professionals

Special Education Professionals—SEP Kenya is a non-profit organisation working with children with disabilities. Its multidisciplinary team of occupational therapists, special needs teachers, physiotherapists, speech and language therapists, and psychologists offers training for professionals, families and caregivers. SEP aims at creating awareness and strengthening the inclusion of children with disabilities in school and society.