

FAMILY JOURNAL





SAY HELLO TO THE VIP SIBLING FAMILY JOURNAL!

This journal is designed to be a communication tool that parents and their VIP Siblings can use to express their feelings, including hopes, fears, and of course, their love and care for each other.

Use the journal to share what's on your mind or to let your family member know you're thinking of them. Write a short note or long letter—it's up to you! Take space and privacy to write on your own time, in your own words. Then leave the journal where your family member (grownup or sibling, depending on who is doing the writing) can find it and read it on their own time and in their own space. Maybe you can even have a designated spot where you “pass” the journal back and forth to each other. You can discuss it together and make a plan. This is *your* Family Journal so *you* decide what works best!

HELLO VIP SIBLING!

You received this Family Journal because you have a sibling with a rare epilepsy, so that makes you a VIP Sibling! Sometimes, it can be tough being a VIP Sibling and it can also be hard to share with your grownups how you might be feeling, or when you might be having a rough day. You may even feel like you're the only one who has a brother or sister with a rare epilepsy. But, did you know there are lots of siblings out there that are just like you? You are not alone!

HELLO, GROWNUPS!

You received this Family Journal because you are the parent of a loved one with a rare epilepsy and of a VIP Sibling. That makes you a bit of a superhero! As a superhero, you never hesitate to jump right in during a crisis. That sometimes means you have to make difficult choices—like where you need to prioritize your attention. Your VIP Sibling may find it hard to express how they may be feeling because they may not want to add anything more to your plate.

MORE RESOURCES ONLINE: VIPSIBLING.COM









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A large white rectangular area on the right side of the page, containing 18 horizontal lines, intended for writing.



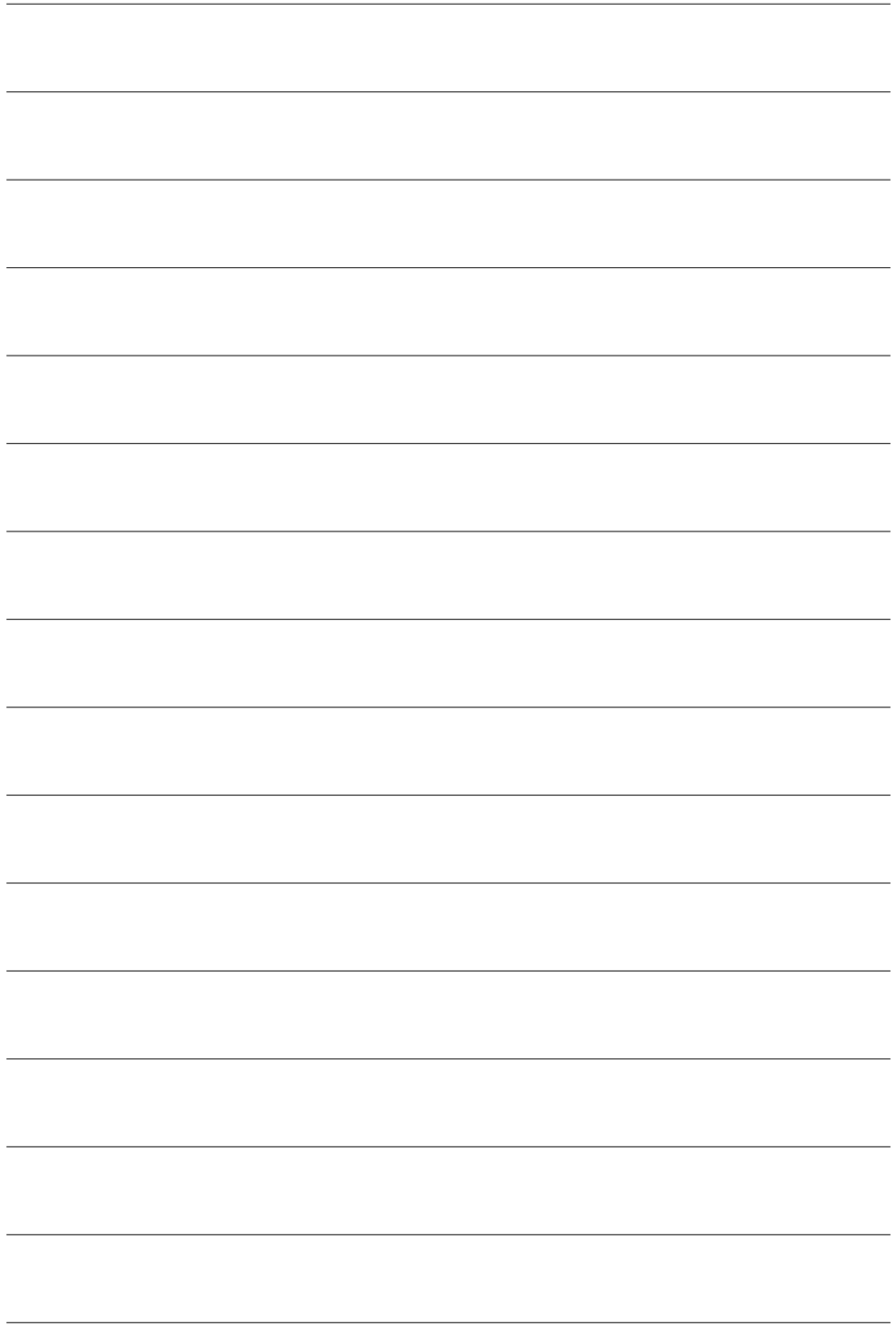




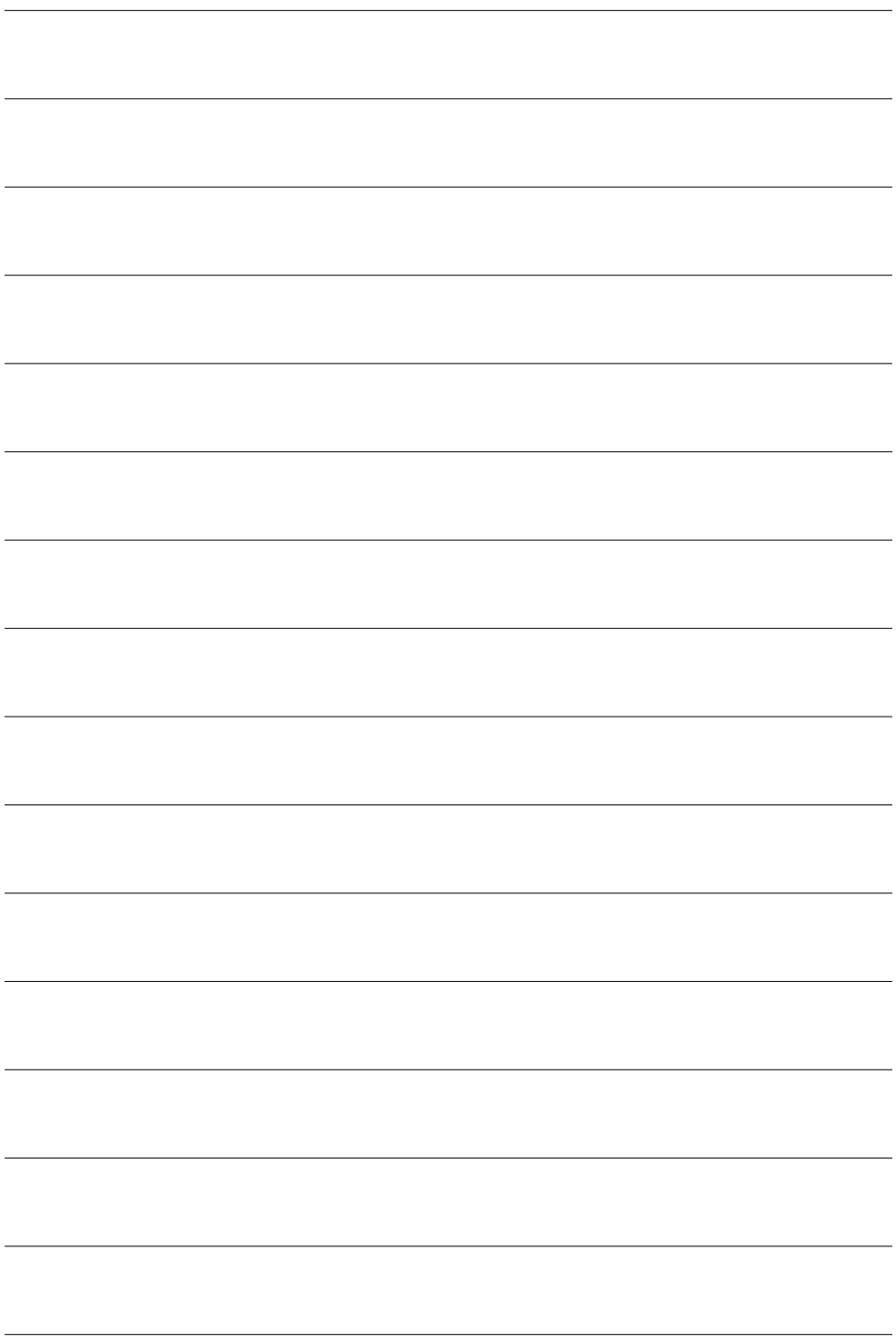














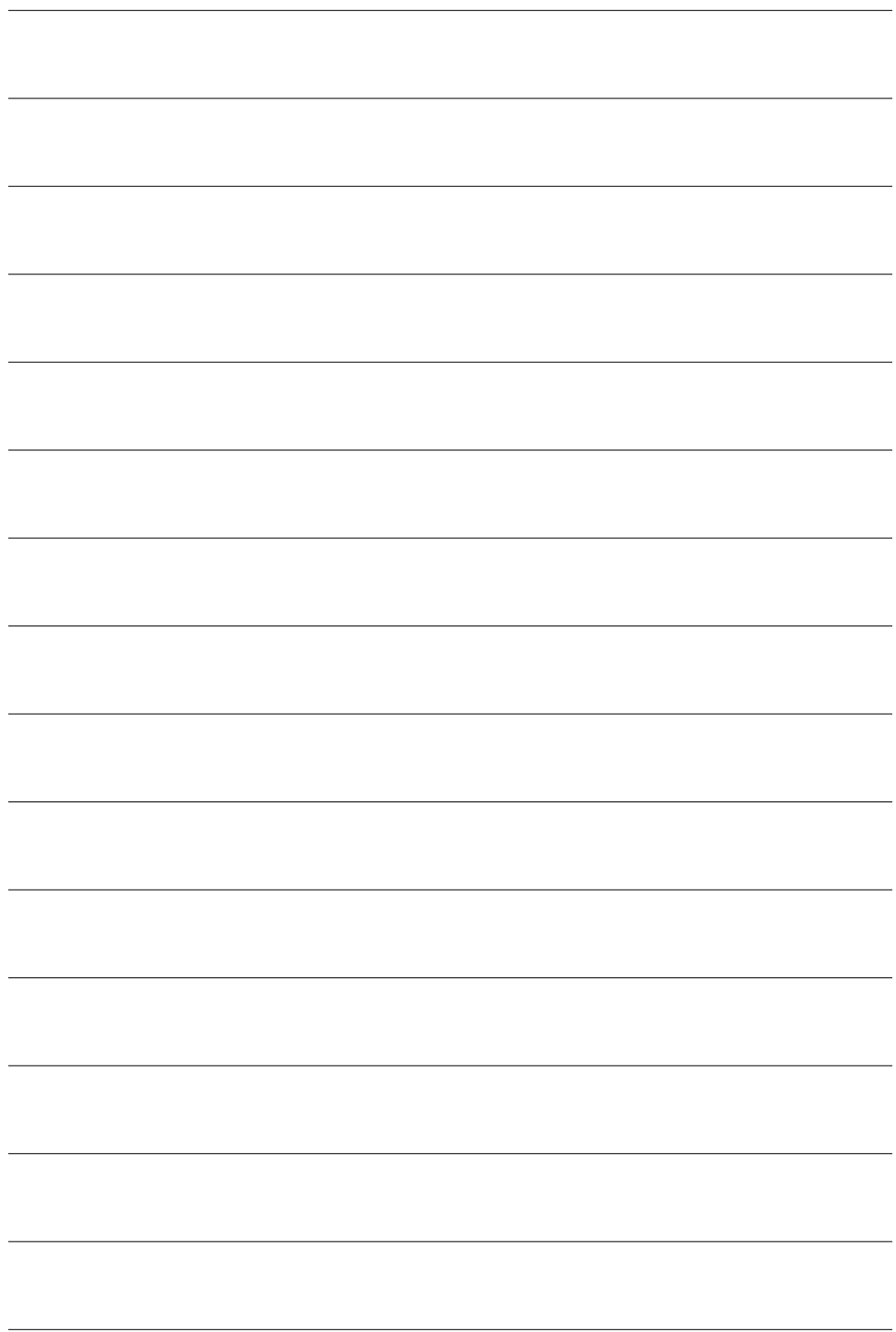


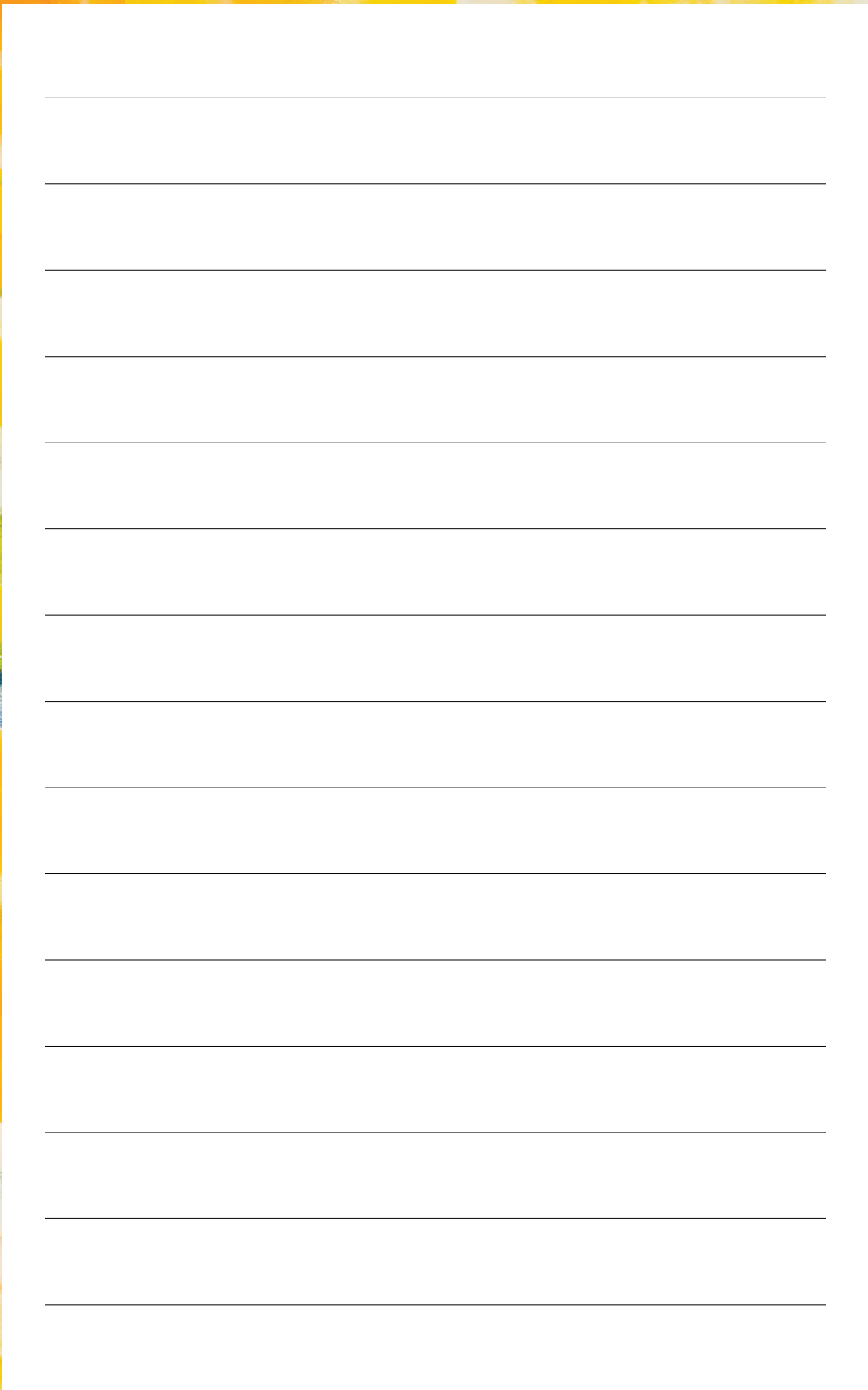


**"MAYBE YOU'RE
FEELING SOME OF
THE SAME THINGS
AS ME, OR MAYBE
YOU'RE FEELING
DIFFERENTLY."**

—another rare epilepsy sibling







A vertical white rectangular area with horizontal lines, set against a background of abstract yellow and green brushstrokes. The lines are evenly spaced and extend across the width of the white area.



A large white rectangular area with horizontal lines, set against a background of abstract yellow and green brushstrokes. The lines are evenly spaced and extend across the width of the white area.















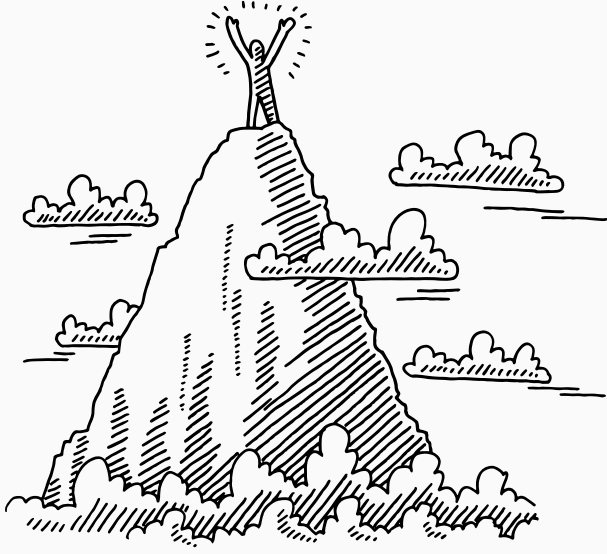






A vertical sheet of white paper with a scalloped top edge and a hole punch on the left. It contains 18 horizontal lines for writing.

A vertical sheet of white paper with a scalloped top edge and a hole punch on the left. It contains 10 horizontal lines for writing.











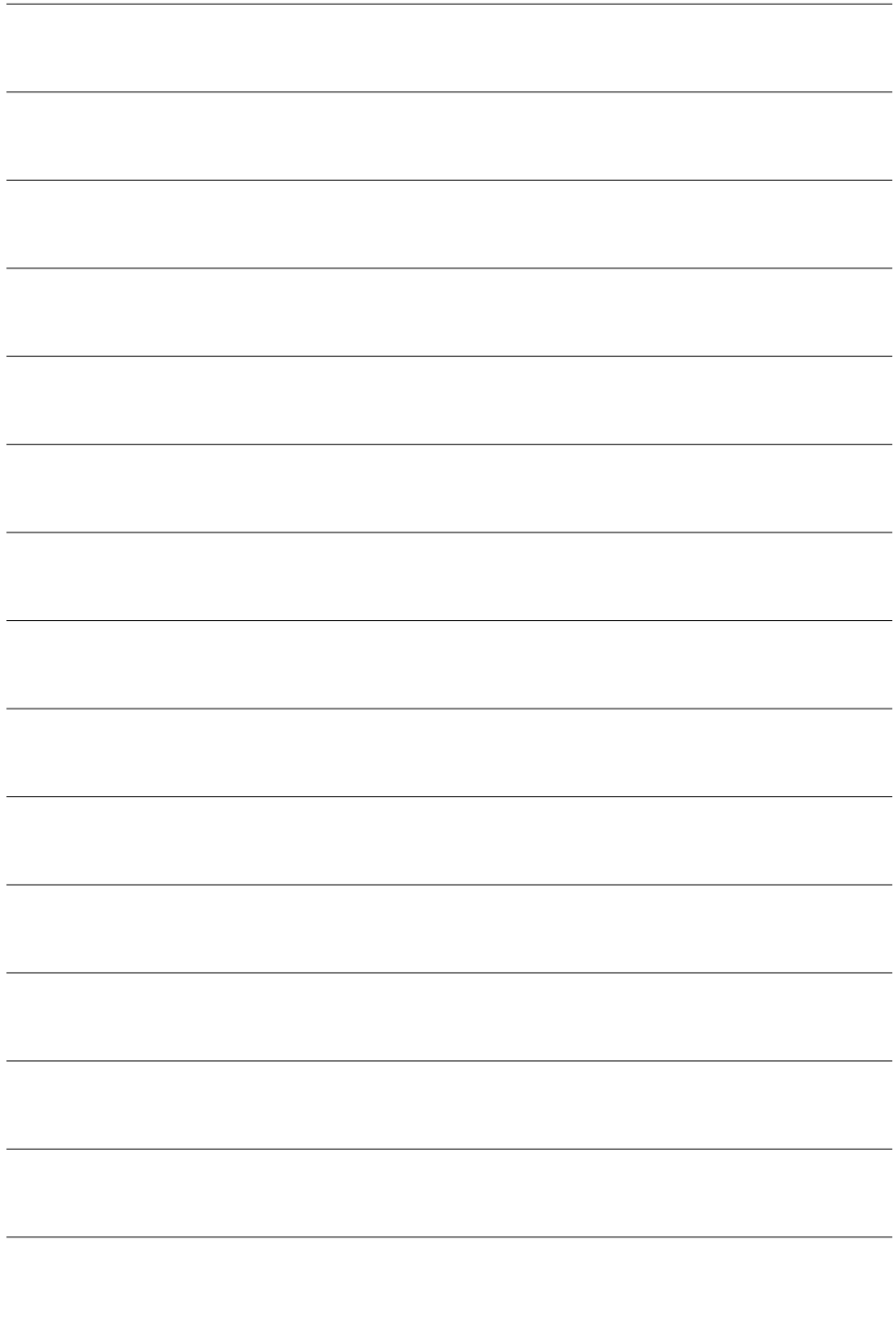


**“KNOWING YOU
ARE NOT ALONE
WILL HELP YOU
COPE BETTER AND
MAKE YOU A
BETTER PERSON.”**

—another rare epilepsy sibling







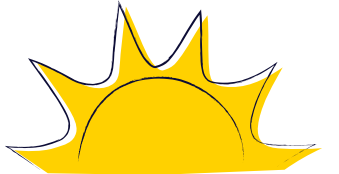






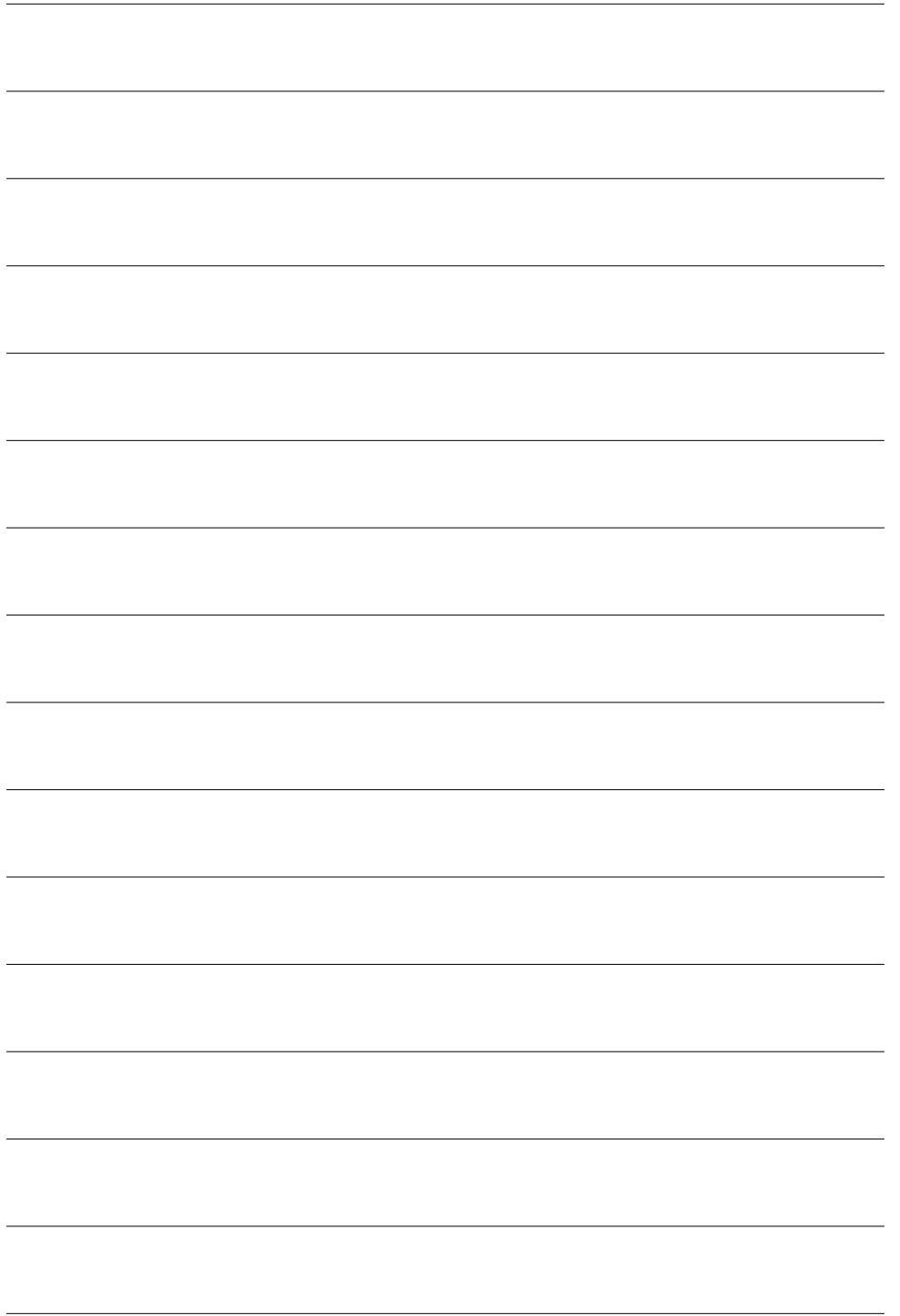
A large white rectangular area with 18 horizontal lines, serving as a writing space. The background behind it is a colorful abstract painting with shades of yellow, red, blue, and black.

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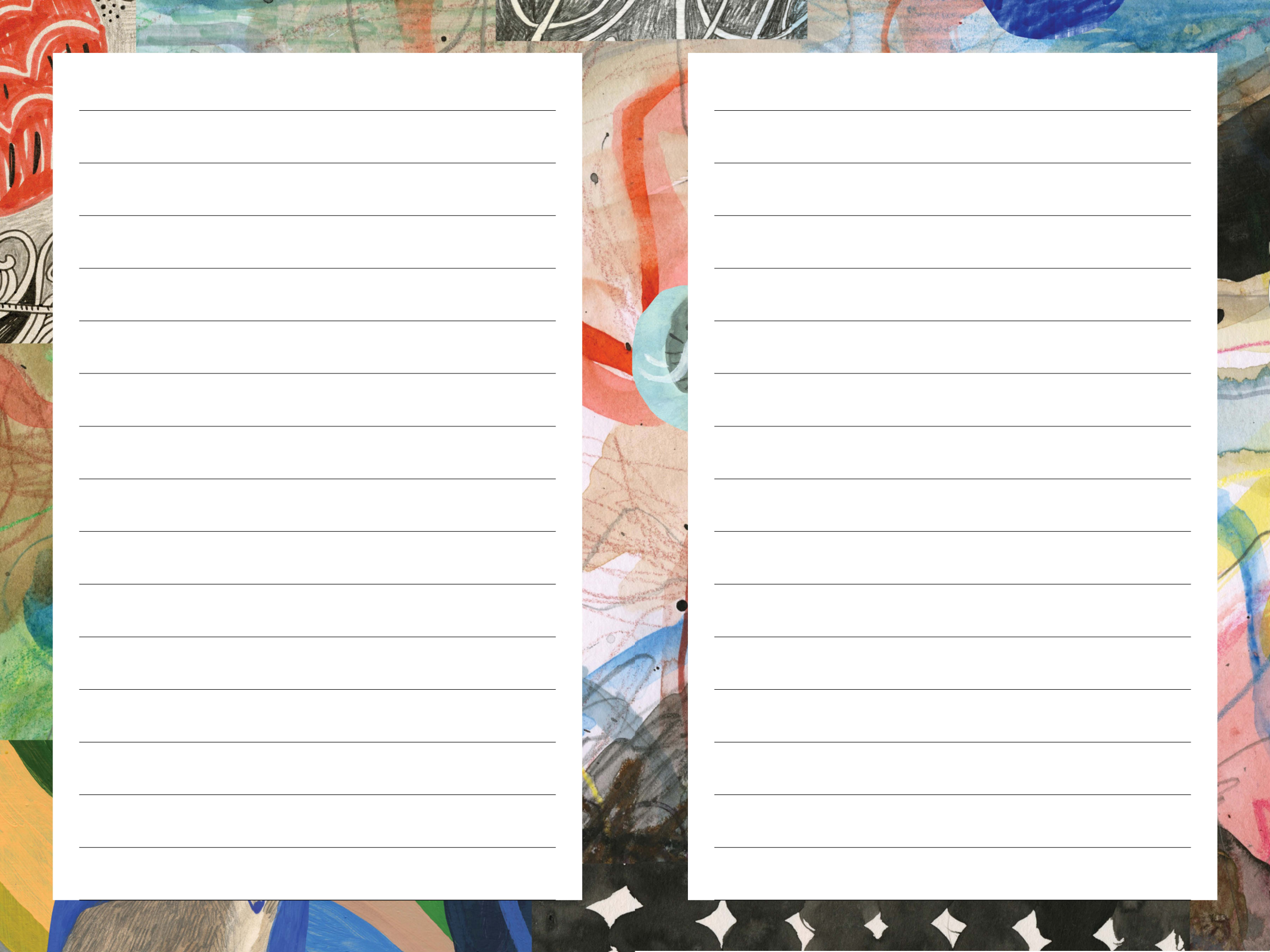








A vertical white rectangular area with 15 horizontal lines, set against a colorful abstract collage background. The collage features various textures and colors, including red, green, black, and blue, with some areas resembling marbled paper or ink splatters.



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Proud sponsor of the
VIP Sibling Project:

 Inspired by patients.
Driven by science.



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US-N-DA--2300038