Tips for Debriefing After an Event

- Plan to meet with everyone involved. This can be structured or an informal discussion.
- Ask each member how they are feeling. If needed, use a feelings chart to discuss.
- Let everyone know what they did well.
- Let the discussion flow.
- A meeting might be more productive after the child with disabilities has gone to sleep.
- Seek professional help, if necessary. Suicide Hotline: 988

Adapted from “Tips for improving the wellbeing of siblings of individuals with Prader-Willi Syndrome: Debriefing.” By Jane Thornton and Emma Thornton
My Feelings Chart

Right now, I am feeling...

I am upset because...

I feel better because...

I can feel better by...

Who can I talk to about my feelings?

What can I do to distract myself?

I feel better because...