



INTERNATIONAL FEDERATION
FOR SPINA BIFIDA
AND HYDROCEPHALUS

IF's Siblings Day

Social Media Toolkit

2025



How can you participate?

By downloading the
IF's Siblings Day Toolkit
(see next slide)



On the 10th of April 2025

IF'S SIBLINGS DAY

The International Federation for Spina Bifida and Hydrocephalus (IFSBH) will be celebrating IF's Siblings Day on April 10th to honour siblings with Spina Bifida and Hydrocephalus (SBH). IF invites you to share the activities you like to do with your siblings, pictures and messages to broadcast on social media intended to your siblings.

Print out this template, write your message and take a picture holding it!



Share your picture as well as IF's **toolkit** on social media and tag us on Twitter, LinkedIn and Instagram @ifsbh and use the following hashtags
#IFSiblingsDay
#SBHSiblings #SmileSiblings.

Feel free to record short videos of you while doing your favourite activity with your sibling with SBH and send them to us before the 1st of April.

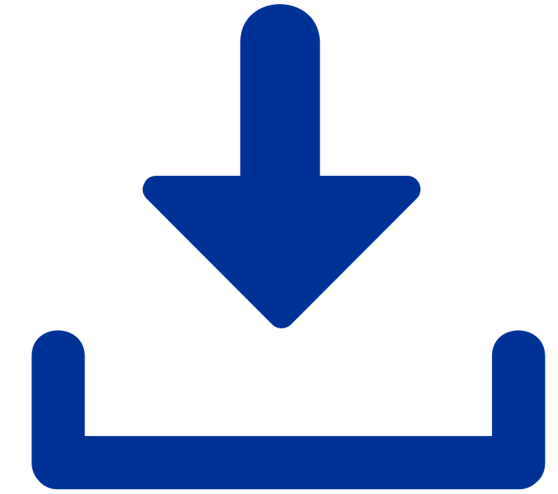
IF has chosen the Smile logo and hashtag because:









"Siblings are lifelong best friends making each other smile every single day"

IF looks forward to receiving your pictures and sharing them!



Materials to download and share



-  [Download the Siblings Day Poster](#)
-  [Download social media sign 1](#)
-  [Download social media sign 2](#)
-  [Download social media sign 3](#)
-  [Download social media sign 4](#)
-  [Download social media sign 5](#)
-  [Download social media sign 6](#)
-  [Download the personalised message template](#)





Don't forget to tag #IFSBH when sharing your post:

Use hashtags:

#IFSiblingsDay

#SBHSiblings

#SmileSiblings

Instagram @ifsbh



Facebook @ifsbh



Twitter @ifsbh



Don't forget to send us your pictures before 1st of April

In a nutshell:

- Share our toolkit on social media and tag us on Twitter, Facebook and Instagram **@ifsbh** and use the following hashtags **#IFSiblingsDay** **#SBHSiblings** **#SmileSiblings**.
- Feel free to record short videos of you while doing your favourite activity with your sibling with Spina Bifida and Hydrocephalus (SBH) and send them to us.
- Please, send your pictures to info@ifglobal.org, including your name and surname, SBH association, before the 1 April, so we can realise a collage with all your pictures.

THANK YOU ALL FOR YOUR PARTICIPATION!



For further information please contact IF at:

✉ info@ifglobal.org

☎ +32 (0) 471 84 41 54



Funded by
the European Union

