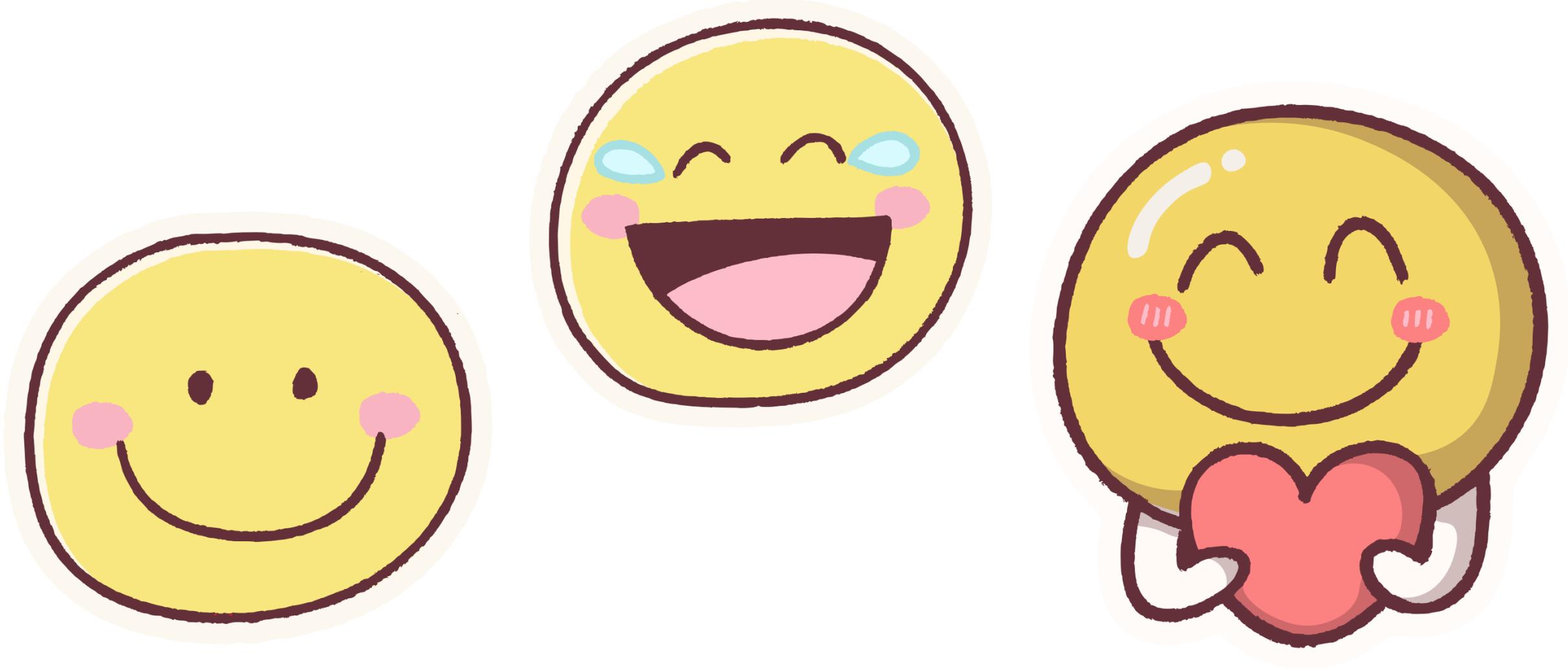


IF'S SIBLINGS DAY



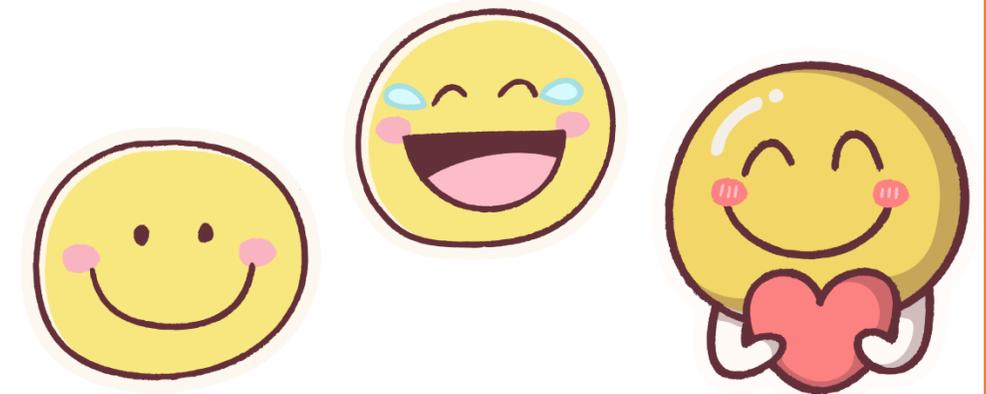
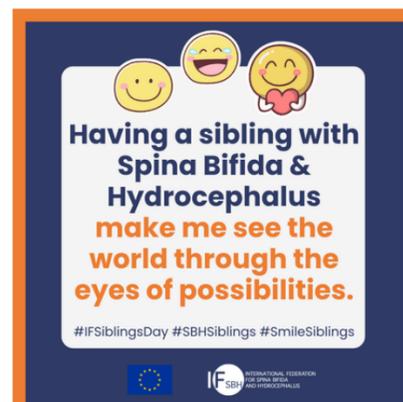
S O C I A L M E D I A T O O L K I T 2 0 2 6



HOW CAN YOU PARTICIPATE?

By downloading the **IF's Siblings Day Toolkit** and share it!

Social medias signs



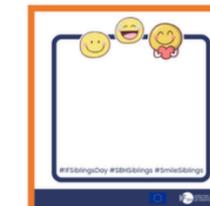
Poster

On the 10th of April 2026 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: tag us @ifsbh and use the following hashtags #IFSiblingsDay #SBHSiblings #SmileSiblings.



Feel free to record short videos or pictures of you while doing your favourite activity with your sibling with SBH and send them to us before the 6 April.

IF has chosen Smileys 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!



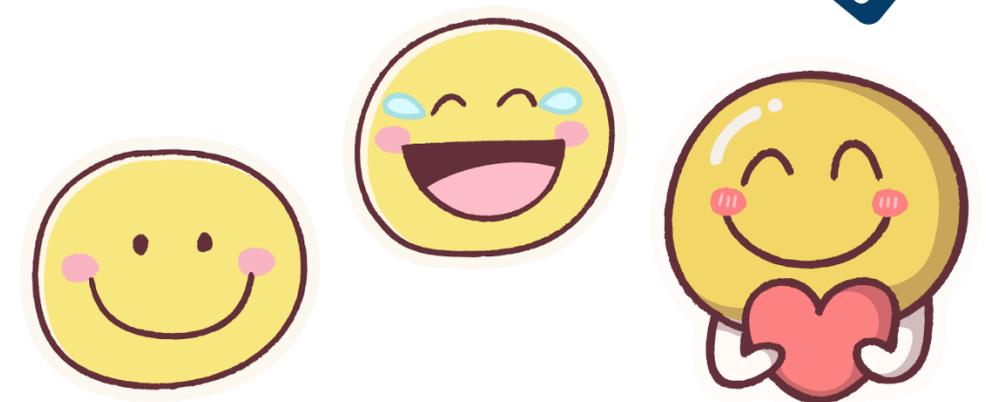
Click on the images to download the materials and share.



TAGS AND HASHTAGS



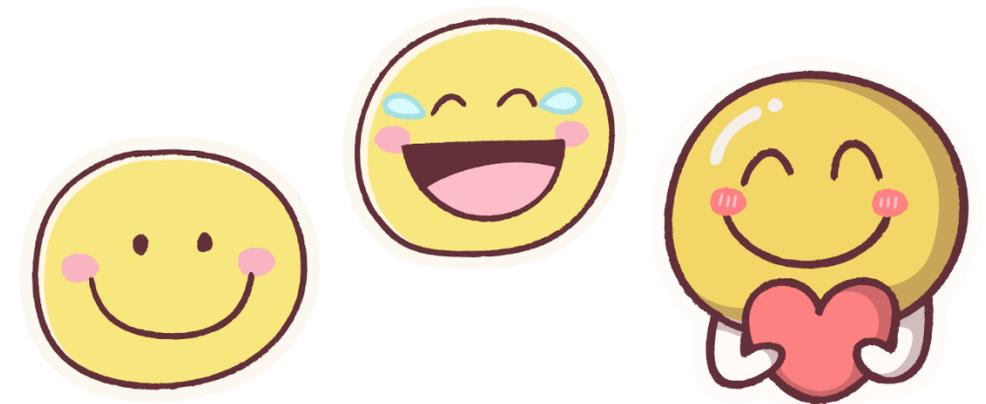
- Use hashtags:
 - **#IFSiblingsDay #SBHSiblings #SmileSiblings**
- Tag IFSBH to make sure we see your posts:
 - **@IFSBH**
 - Same tag on Facebook, Instagram and LinkedIn



DON'T FORGET

Send us your pictures before 6 April 2026:

- Share our toolkit on social media
 - Tag us **@ifsbh** and use the hashtags **#IFSiblingsDay #SBHSiblings #SmileSiblings**
- Feel free to record short videos or pictures 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 6 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



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