



Family Training Series
We Are All In This Family:
Supporting Siblings
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Supporting Siblings

- **Common Issues**

- Over-Identification
- Embarrassment
- Guilt
- Shame
- Resentment
- Isolation, Loneliness, & Loss
- Increased Responsibilities
- Pressure to Achieve / Excel / Fulfill “Dreams”



Supporting Siblings

- **Common Needs / Experiences**
 - **Developmentally-Appropriate Information**
 - ❖ Determine Current Knowledge
 - ❖ Clarify Possible Misconceptions
 - ❖ Answer Questions
 - ❖ Convey Open Attitude & Availability to Talk
 - ❖ Include in Appointments with Providers
 - **Prepare for Future**
 - ❖ Siblings' future / expectations
 - ❖ Special needs person's future / expectations



Supporting Siblings

- **Common Needs / Experiences (con't.)**
 - **Unique Personal & Family Experiences**
 - ❖ **Maturity, Responsibilities, Perspective**
 - ❖ **Self-Concept & Social Competence**
 - ❖ **Awareness, Insight, & Appreciation**
 - ❖ **Tolerance & Acceptance**
 - ❖ **Joy, Pride, & Satisfaction**
 - ❖ **Advocacy**
 - ❖ **Loyalty & Commitment**
 - ❖ **Planning & Problem-Solving**



Supporting Siblings

- **Conversation Prompts** *Challenges & “Benefits”*
 - **Pre-School Ages**
Explanations; Differences in Behavior /Routine
 - **Elementary School Ages**
Misconceptions; Beliefs; Relationships
 - **Intermediate / Middle School Ages**
More Detailed Questions / Explanations; Relationships
 - **High School Ages**
Implications; More Detailed Questions / Explanations
 - **Adults**
Roles; Responsibilities; Implications; Planning



Supporting Siblings

Resources:

- Sibshops: Workshops for Siblings of Children with Special Needs, Revised Edition
- The Sibling Survival Guide: Indispensable Information for Brothers and Sisters of Adults With Disabilities
- Thicker Than Water: Essays by Adult Siblings of People with Disabilities
- Special Siblings: Growing Up with Someone with a Disability, Revised Edition
- The Sibling Slam Book: What It's Really Like To Have A Brother Or Sister With Special Needs
- Being the Other One: Growing Up with a Brother or Sister Who Has Special Needs
- I Have Needs Too!: Supporting the Child Whose Sibling Has Special Needs
- Views from Our Shoes: Growing Up with a Brother or Sister with Special Needs
- Living with a Brother or Sister with Special Needs: A Book for Sibs