

NEED MORE INFO?

Keep reading at **The Child Mind Institute & Understood** by clicking the links below.

~ ~ ~ ~ ~

<https://www.understood.org/pages/en/family/siblings/>

<https://childmind.org/topics/concerns/siblings/>



A **sibshop** is a support service for children with special needs siblings. Click below to learn more about the local **sibshop** offered at Canisius College.

~ ~ ~ ~ ~

<https://www.sibshopwny.com/>

Supporting Siblings

Having a child diagnosed with a developmental disability poses unique challenges for all family members, including **siblings**. Brothers and sisters to special needs individuals may face challenges that are different than that of their peers. The particular experiences that **siblings** face at home, at school, and in the community can lead to emotional or behavioral health challenges.

Siblings that have differently-abled brothers or sisters may have extra responsibilities or expectations in the home, feel that they receive less attention from parents, and are likely to be less engaged in community and social activities.

Children with special needs **siblings** may also harbor feelings of resentment, fear, anger, or embarrassment. These **siblings** may not make their difficulties or challenges known, in an attempt to not burden the family. This may lead to stress, anxiety, or depression in some siblings.

Answering Questions About Special Needs Siblings

- Be open and honest.
- Use age-appropriate language.
- Acknowledge and validate their feelings.
- Talk about the positives and strengths.
- Point out similarities, not just differences.
- Create regular opportunities to talk, answer questions, and share thoughts, feelings and emotions.

Supporting Children with Special Needs Siblings

- Provide meaningful, uninterrupted, one-on-one parent/child time.
- Maintain equal expectations for all children. Equal expectations does not mean the same expectations—all children have chores although chores may vary.
- Minimize the care-taking responsibilities of neuro-typical siblings.
- Ensure opportunities for social and peer engagement both with and without sibling engagement.
- Make time for sibling bonding activities.
- Allow siblings to problem solve disagreements with one-another
- Consider using formal supports or therapeutic services

Upcoming Events

Date/Time	Topic	Link
Thursday, January 7th @ 6:00pm	Give It A Shot: COVID-19 Vaccine Q&A with Dr. Kuo	https://parentnetworkwny.org/event/give-it-a-shot-covid-19-vaccine-qa-with-dr-kuo/
Monday, January 11th @ 7:00pm	Down Syndrome Parent Group	https://global.gotomeeting.com/join/567555997
Wednesday, January 13th @ 6:00pm	Having the Talk: Sexual Behavior, Reproduction, and Youth with Disabilities	https://attendee.gotowebinar.com/register/4875005171004559887



The contents of this document were developed under a grant from the US Department of Education, #H325160003. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Carmen Sanchez.