

WHAT ABOUT ME?

MEETING THE UNIQUE NEEDS OF SIBLINGS TO INDIVIDUALS WITH AUTISM

THE MAJOR STRUGGLES OF SIBLINGS TO BROTHERS/SISTERS WITH SPECIAL NEEDS

- Feel like they have to be perfect
- Feel like they can't express their feelings
- Having a different idea of family and home
- Feeling as though their problems are minimized
- Feeling isolated
- Dealing with intolerance early and often
- Feeling like they are asked to help too much
- Feeling like they must grow up quickly

(from The Washington Post 12/20/16

Eight Things siblings of children with special needs struggle with)

How To Support Your Super Sibling 6 Tips

- One on One Time
- Acknowledge the strong/unpleasant emotions
- Communication/Honesty (in general and about sibling's disability)
- Allow Kids to be Kids
- Make socializing comfortable and possible
- You are not alone - (finding other families)