SUPPORTING SIBLINGS OF CHILDREN ON THE AUTISM SPECTRUM

SOME TOP TIP FOR PARENTS

- Plan special times to do things with the sibling of your child with autism. Even if this is a short but regular time each week or biweekly siblings say “it means a lot.”
- Explain autism at a level that is right for the sibling. (see resources/watch a film together/read a book, make your own book)
- Listen to how situations have made the brother and sister feel. Think together how to help this kind of situation in the future.
- Explain that the brother or sister with autism may need different amounts of time and attention because of their particular needs but that the level of love you feel is the same.
- Ask the sibling for ideas on what to try with the brother or sister with autism. Some siblings can have simple but effective solutions to problems. Being involved and using their ideas can help them feel included.
- Put the ‘difficulties’ of having a sibling with autism into perspective. All brothers and sisters can be annoying not just those with autism!
- Agree some coping mechanisms when out and about and things get embarrassing! Sometimes the brother or sister just needs to know what they should do or not do if things go wrong.

AGENCIES THAT COULD HELP FURTHER

- Advice from the Communication Interaction Team
- Support from Young Carers (contactable at The Zone)

The points written here are for siblings experiencing manageable levels of needs as a sibling. If your son or daughter who is a sibling, is experiencing greater difficulties or worries do seek more direct support for them.