



# SUPPORTING SIBLINGS

Five Top Tips from parents to help you to support the siblings of neurodivergent children



## Dedicate Time For The Sibling

“It’s sometimes easy to concentrate all your attention onto your child with additional needs. So it’s important to remember that their sibling has needs as well. Their needs may be different, but they still have them.”

## Do Things As a Family

“Just because one child is neurodivergent, doesn’t mean that they’re not able or capable of doing some of the same things as their neurodivergent sibling. We always try and do things as family, by thinking of activities that can include the two of them”



## Speak Honestly About Neurodivergence

“Our son knows he’s autistic, and he understands what this involves. But his younger sister has been part of these conversations as well. She’s therefore fully aware again that he is different, but not in a bad way. Having her understand this helps us to explain his behaviours to her.”

## Peer Support

Many areas have sibling support groups that provides activities and days out for the siblings of neurodivergent or disabled children.



## Look After Yourself!

You can’t support your family if you are burnt out yourself, so try to pay attention to your own capacity, and take some time for yourself, even if it’s just a sit down with a cup of tea - “Self care is not a luxury, but a necessity!”

