

Siblings

Brothers and sisters of a child with a disability face some unique challenges

Sibling experiences and viewpoints are different from ours as parents.

A sibling's level of understanding of their brother or sister's disability will change as they grow and develop through childhood.

For example, it is common for a young child to think that they may have done something to cause their sibling's disability. As adults, it can be hard to imagine how a child could make such a connection.

Finding the right words

Finding the right words to explain a child's disability to another child can be difficult. Depending on the sibling's age and stage of development, consider their capacity to understand the issues and their ability to express themselves.

As children get older, they tend to ask more questions and seek more detailed explanations. Some questions may not have easy answers!

Open communication

Having good open communication can contribute significantly to a sibling's well-being.

Siblings need to know that you are available to answer questions about any aspect of their brother or sister's disability. They may also benefit from talking to an adult outside the family.

Siblings may find it helpful to connect with other siblings over the internet or in a sibling group, where they can share their thoughts, feelings and experiences.



"Life is different when you have a brother or sister with a disability because the experiences you go through in life, good or bad, are very different from those of other kids."