

Support for siblings

Parents who have a child with disability have a lot on their plate and it can be challenging to balance the needs of other children in the family. Parents often worry about the emotional wellbeing of their other children.

The following are some tips to help parents navigate these challenges.

- 1 Connect siblings with other siblings** of children with disability, either informally through families that you have met or organisations such as those listed on the next page, to share experiences and to know they are not alone.
- 2 Develop social networks** that allow your other children to interact with their peers and develop their identity and independence outside of their life as a sibling of a child with disability.
- 3 Find one-on-one time** with each of your children and ask grandparents and other close family members to do the same. Family and friends might also be able to help in other ways such as transport to and from sport and social activities or sharing an interest or hobby.
- 4 Help siblings learn skills to deal with difficult situations** such as teasing or reactions from peers or the community. Peer support groups can help siblings feel stronger and more able to influence what happens around them. Take a look at those listed overleaf.
- 5 Communicate openly** and honestly with your children about their sibling's disability and how it affects family dynamics. Encourage your children to ask questions and validate their feelings.
- 6 Keep teachers informed** of family circumstances so that they can be vigilant and understanding when there are tough days or when siblings might need a little extra support.
- 7 Find recreational opportunities** specifically for young carers, siblings and families of children with disability by subscribing to Kiind's [What's on activity and event guide](#).



Need help to navigate the world of disability?

Speak with one of our knowledgeable Peer Navigators for practical guidance, information and support.

kiind.com.au

Phone (08) 6164 9806

Email support@kiind.com.au



Support for siblings

Useful organisations

The following organisations provide **peer support**, **programs** for both siblings and parents, **events** and activities, **counselling** and a range of helpful resources and publications.



Siblings Australia

Phone: (08) 8253 4936

Email: info@siblingsaustralia.org.au

Web: siblingsaustralia.org.au

A national organisation providing support for siblings and parents of children with disability.



Young Carers WA

Phone: 1300 227 377

Email: info@carerswa.asn.au

Web: carerswa.asn.au/our-services/young-carers

Peer support groups, programs, young carer and family counselling, career planning and support.



Livewire

Phone: (02) 8425 5971

Email: livewire@starlight.org.au

Web: livewire.org.au

Free online community connecting children and young people aged 12-20 years, living with illness or disability and their siblings.



Lion Heart Camp for Kids

Web: lionheartcampforkids.com.au

Camps aimed at empowering children aged 5-17 years who have lost a sibling or primary care-taker to navigate their grief journey through education, peer-support, strength-building and resilience.



Kids Helpline

Phone: 1800 551 800

Web: kidshelpline.com.au

Counselling and support.



Headspace

Web: headspace.org.au

Phone and online mental health and wellbeing support and work and study support.

Want to connect with other families?

Let us help you connect with other families raising children with similar diagnoses, ages and/or developmental stages.

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