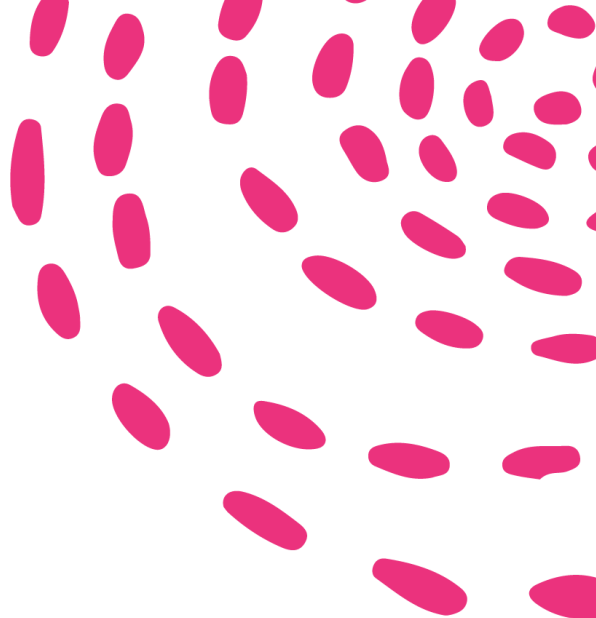




Support for siblings



About this guide



Looking after a child with disability is a busy role. There are many things to think about.



It can be hard to know what other children in your family need.



Parents might worry about how their other children feel.



Here are tips to help you look after your other children. In this guide, we call them siblings.

Tips to support siblings

1



Help them meet other children like them. It shows they are not alone.

2



Meet other parents. This will help your children to make new friends.

3



Spend time with each of your children. Ask their grandparents and other family to do the same.

4



Ask them to join a **support group**. Support groups help them feel better and meet others like them.

5



Talk and listen to them. Tell the truth about your child's disability. Let them ask questions. Make sure they feel heard.

6



Tell their teachers what's happening at home. The school can make changes to help.

7



Find free things to do near you. This can help children make friends and do something fun.

Find support for siblings



Siblings Australia

They support siblings and parents of children with disability.

Call (08) 8253 4936



Young Carers WA

They run family **counselling** and **career** planning. Counselling is where you can talk to someone about your problems. A career is a job path you follow to reach your goals.

Call 1300 227 377



Livewire

They connect children with disability and their siblings for free.

Call (02) 8425 5971



Lion Heart Camp for Kids

They run camps for children who have lost a sibling or family member.

Website: lionheartcampforkids.com.au



Kids Helpline

Counselling and support.

Call 1800 551 800



Headspace

Mental health and work and study support.

Website: headspace.org.au

Want to know more?



www.kiind.com.au



Call Kiind (08) 6164 9806



Email hello@kiind.com.au