

# Sibling support resources for caregivers



## ARTICLES

See online links to English articles that provide parent/guardians useful information to support siblings.



## SCHEDULE CHECK-IN TIMES

Try to set time aside where you and your child can touch base. This will offer your child a chance to ask questions as well as demonstrate that their needs are still important, despite their sibling's health challenges.



## GO EASY ON YOURSELF

Go easy on yourself and your child. Members of the same family can have very different reactions and need time to adjust to the changes. Seek support from your loved ones and healthcare team to help you navigate this experience.

## SUPPORT EMOTIONAL EXPRESSION AND QUESTIONS

Help siblings name their feelings, such as being sad, scared, angry, jealous, or guilty.

Share your own feelings and be a good listener even if what they have to say is hard to hear. Encourage siblings to share their feelings and ask questions.



## COMMUNICATE

Serious illness or injury can be confusing and scary for a sibling. Children have active imaginations and they can get the wrong idea about what is happening. Ask questions to figure out what your child knows and give information in clear, age-appropriate ways.



## HELP SIBLING'S FEEL INVOLVED

Allow them to be a part of their siblings care. Plan visits to the hospital and introduce them to the healthcare team. If visiting is not possible, find ways to help them keep in touch with their sibling.

