

## Cygnets' Supporting Siblings Course

### Week One:

- Styles of sibling development
- Siblings experiences.
- Possible thoughts and feelings

### Week Two:

- Parent's worries and concerns
- Explaining Autism to siblings
- Practical strategies
- Adult siblings

To attend the course, parents / carers need to have attended the What Now?, NAS Early Bird or Cygnets Core Parenting Programmes. Places allocated via the referral form available by contacting 07873818153 or [cygnetsnorthlancs@gmail.com](mailto:cygnetsnorthlancs@gmail.com) or via the webpage [www.northlancsdirectionsgroup.com/cygnets](http://www.northlancsdirectionsgroup.com/cygnets)

Course produced by

Area delivery funded by



# Supporting Siblings



Hints, tips & information to help parent/carers, children and young people who have a brother or sister on the Autistic Spectrum.

## Hints and tips for parents/carers

There are a number of websites and resources to help your children cope with and understand their Autistic sibling.

[www.autism.org.uk/about/family-life/siblings.aspx](http://www.autism.org.uk/about/family-life/siblings.aspx)

[www.sibs.org.uk](http://www.sibs.org.uk)

[www.ambitiousaboutautism.org.uk/understanding-autism/life-at-home/supporting-siblings](http://www.ambitiousaboutautism.org.uk/understanding-autism/life-at-home/supporting-siblings)

When explaining Autism to siblings, there is *no good time, good age and no start, middle and end to the conversation*. Information needs to be shared as part of everyday learning. Wait for your child / young person to start asking questions.

If your son or daughter has a sibling with autism, the best thing you can do is to *make sure that you make time for them*. You can use this time to talk to your child about any difficulties they might be having, related to their sibling with autism, but it might be better to concentrate on having fun and use it as a break from everyday issues.

*A little quality time can go a long way!*

You may need to talk about any behaviour they may find challenging. It's important for them to realise that *autism can have a real impact on behaviour; it's not just their sibling being 'naughty'*.

## Hints and tips for children/young people

Things that you can do that will help your brother or sister that has ASD:

Call your brother / sister by their name when trying to get their attention.

Speak slowly and clearly and use eye contact.

Do one thing at a time and wait 10 seconds for a response.

Use pictures to describe what you are going to be doing.

**You brother/sister may be treated differently to you and you may feel 'its not fair.' Here are some Top Tips that might help:**

Talk about how you are feeling with your parents, family members, teachers or your friends.

Get involved in activities/hobbies that you enjoy.

Have some time on your own each day when you can relax and unwind.

Ask your parents for some time each week that you can do something together.

Discuss house rules/family contract with your parents and siblings.