

Supporting Siblings

- Plan one to one time with each sibling, as well as having fun as a family
- Notice and acknowledge siblings, such as commenting on when they have been helpful
- Show siblings how to play in a way that suits the child with ASD
- Explain ASD to siblings, and revisit this as they get older
- Be open and honest about their siblings ASD
- Siblings may feel things are unfair. Acknowledge their feelings, and let them know it is ok to talk to you when upset or annoyed
- Try reading a book about ASD with your children
- Take action on any difficulties that impact sibling's wellbeing or education

Useful resources:

- National Autistic Society website: www.autism.org.uk
- Sibs website: www.sibs.org.uk
- The National Autistic Society have published a workbook for siblings of children with Autism called "my family is different" <https://www.autism.org.uk/shop/products/books-and-resources/my-family-is-different>
- The "organization for autism research" website has helpful downloadable booklets with advice for siblings and parents: <https://researchautism.org/resources/>



Learning from others

- Children may find it helpful to learn from other people who have siblings with ASD. The National Autistic Society and Sibs websites are great places to start.