

# 7 Simple Strategies for Sibling Support

The Sibling Support Project  
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[www.siblingsupport.org](http://www.siblingsupport.org)



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## About the Sibling Support Project

First national program in the United States dedicated to supporting brothers and sisters of people with developmental, health & mental health concerns.

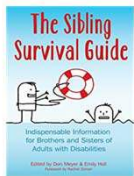
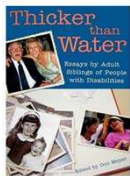
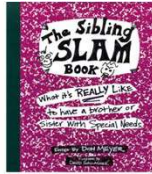
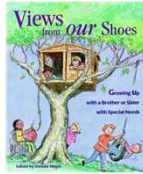
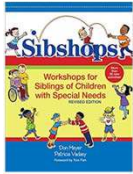


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# Our Offerings

Education: Books & Media

Support



Future Planning & other workshops



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# Information, support, FUN!



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## Why support siblings?

1. Siblings' experiences parallel parents' experiences.
2. Sibling issues are lifespan issues.
3. Siblings spend quantity time.
4. Siblings spend quality time.
5. Siblings are the next generation of caregivers.

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## 7 Simple Strategies For Sibling Support

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## Strategy #1



Provide siblings with age-appropriate information.

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## Strategy #2

Provide siblings with opportunities to meet other siblings.



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### Strategy #3



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### Strategy #4

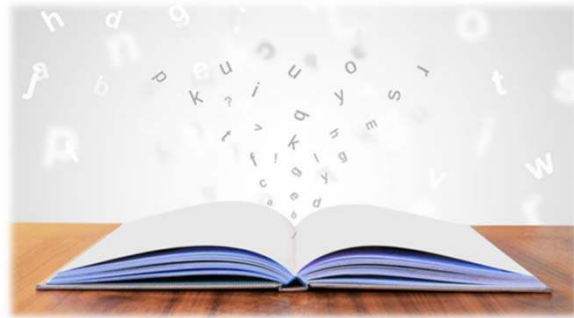


Encourage parents to set aside special time with sibs.

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## Strategy #5

Learn more about life as a sibling.



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## Strategy #6

Encourage parents to reassure their children by making plans for the future.



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## Strategy #7



*Remember:*

The single strongest factor affecting sibling's interpretation of disability is parents' interpretation of the disability.

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## Thank You

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