

SUPPORTING SIBLINGS IN A SPECIAL NEEDS FAMILY

A Workshop for Parents

By
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Clinical Psychologist



**What feelings do you have when
you think about your “other
child”?**



Psychology



Speech & Language
Therapy



Occupational
Therapy



Music Therapy



Nutrition



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**Put yourself in the sibling's shoes.
What would he/she say about his/her
experience growing up in your
family?**



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Practical Suggestions For Helping & Supporting Siblings



1

Explaining the Learning Difference

2

Family Life

3

Out in Public

4

Finding Balance



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Explaining the Learning Difference



Have open, honest, developmentally appropriate and ongoing conversations about the sibling's special needs



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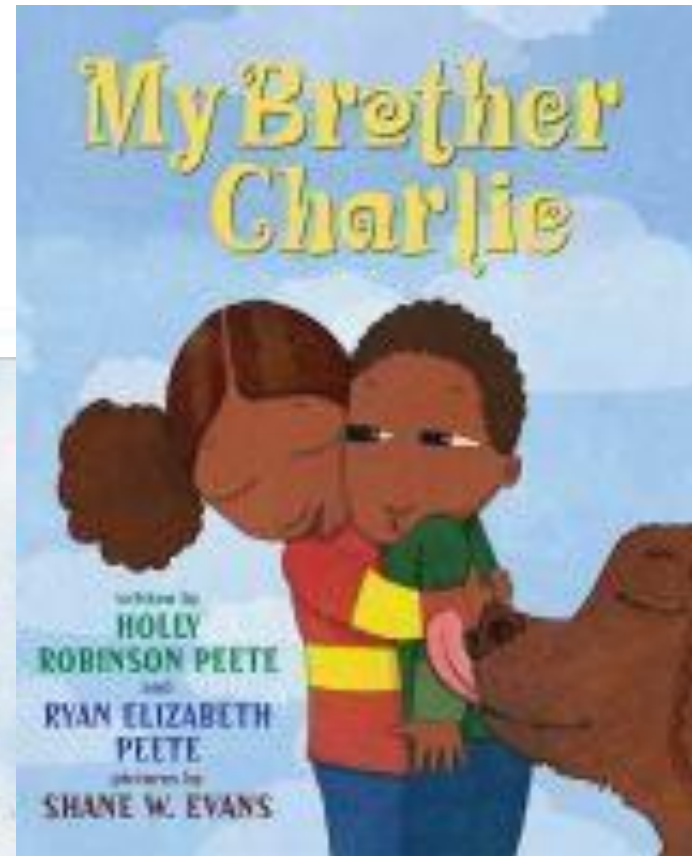
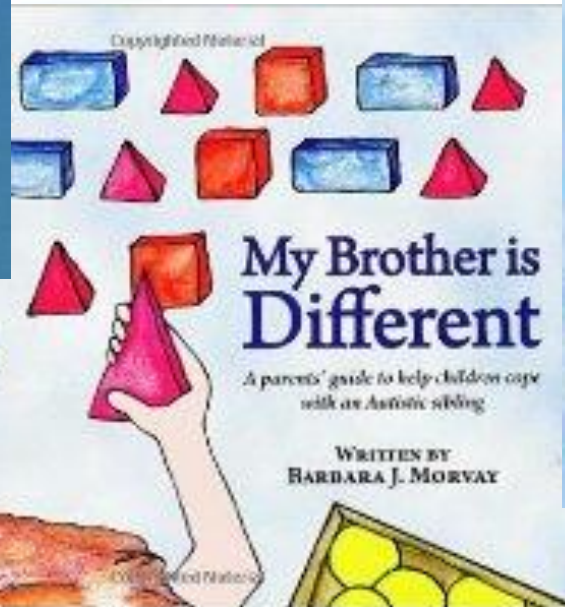
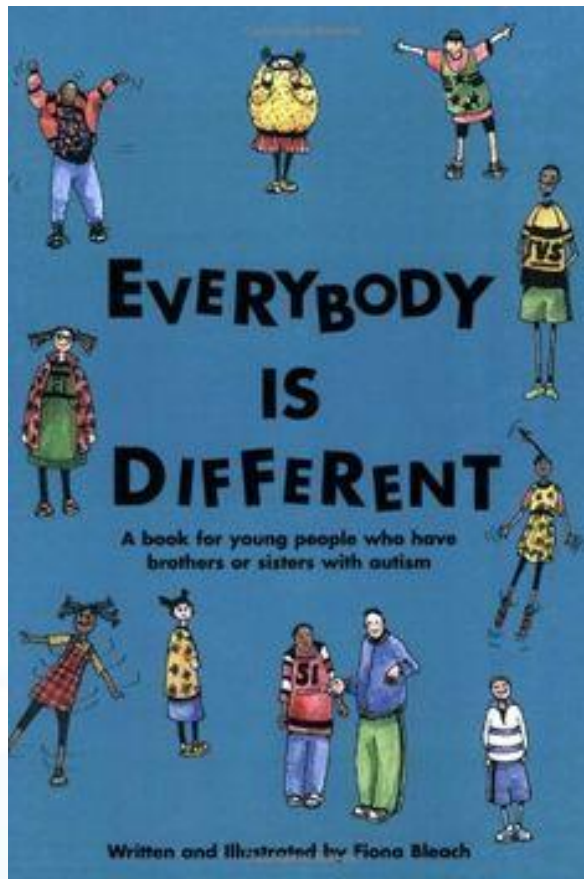
How to Explain

- 1) Do it early.
- 2) Find out what your child already knows.
- 3) Ask about feelings.

4) Be prepared to explain things several times.

5) Use language and ideas that suit your child's age.

Useful Resources



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ROLE PLAY

"Why isn't my brother/sister speaking yet?"

"Why do I have to play with my brother/sister?
He/She only likes to play games his/her way!"

"Why can't he/she understand things that even I
understand?"



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FAMILY LIFE



It's not FAIR!

But my dear,
fair does NOT
mean equal....



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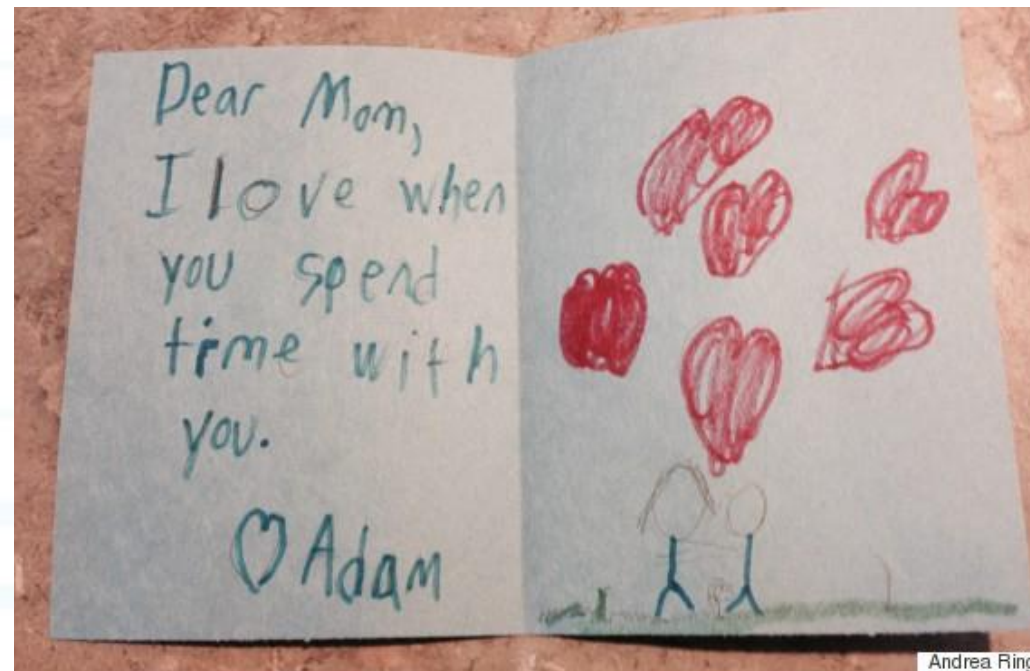


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FAMILY LIFE



Sharing your attention



Andrea Ring



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*Let's count the days til we're both at home with
a special thing to do.*

Let's count the perfect small moments of our weekday time together, looking forward to the weekend, when the days will be all ours."



FAMILY LIFE



time

Not everything as a family



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Reflection Time

Identify a time in a day/week where you can do something just with your typically developing child.



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FAMILY LIFE



Growing up together



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Manage Negative Feelings

"I wish I didn't
have a sister"

"I hate my brother"



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FAMILY LIFE



IF YOU WANT
TO KNOW HOW
TO TREAT A
CHILD WITH
SPECIAL NEEDS,
LOOK AT THEIR
SIBLING...



THEY
WILL
SHOW
YOU.



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OUT IN PUBLIC



"He yells a lot, so when my friends hear, it's embarrassing"

Dealing with Embarrassment

"She has many outbursts and people stare a lot. I either tell them to mind their own business or ignore them"



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REFLECTION TIME



How have you dealt with your child who felt embarrassed about their sibling with special needs?

What did you say or do?



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OUT IN PUBLIC



[Inspire] A Brother's Story

Mar 21st, 2016 by SENIA.



Andrew Chong was one of the Ignite speakers during [SENIA 2016](#). Andrew touched the hearts of more than 300 conference delegates as he shared how his brother Zhi Yaow enriched his life.

Read Andrew's story in his own words. With a skip and a hop, he's at the door, waiting to greet us with warm hugs and kisses. This was every weekday, when my sister and I would arrive home from school, just 2 minutes walk away. Once every while he would exclaim, "Wow, next time I want to go to that school too!"

"Sure!", I would say to my younger brother, "When you're older." Sometimes I would have my friends come over after class. Mashing buttons on the Play Station and computer, kicking each others butts. We had sleepovers, we had parties, we had fun! And when goodbyes were said as my friends went home, my brother would

come up to me and say, "Hey, next time I want to have my friends stay over too!" or "The next party, I want to invite my friends as well!"

"Sure buddy, sure ..when you're older", I would say every time. And every single time it hurts, because that was a lie.

Encouraging a support network outside the family



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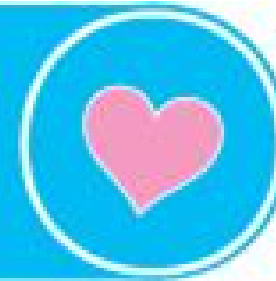


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FINDING BALANCE



ME-TIME



"...Parents' reactions, acceptance and adjustment is the most significant influence on their experience of having a brother or sister with a disability" (Lobato, 1990)



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CONTAINMENT



Restore Capacity to Think



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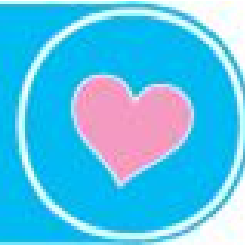


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GOAL SETTING



Task:

- 1) Write 3 top things that you have learnt.
- 2) Write 3 things that you'll put into action.



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MORE RESOURCES



For ideas on how to promote sibling interactions and relationships:

- Ways to Play Together

Link: <http://bit.ly/OARSibs16>

- Peer Play Predicament

Link: <http://bit.ly/peerplay>

- How can I get my brother or sister to respond to me?

Link: <http://bit.ly/OARSibs17>

For more on events, holidays, and parties:

- Holiday tips for children with autism, siblings

Link: <http://bit.ly/OARSibs9>

- Special Times & Not Everything as a Family

Link: <http://bit.ly/OARSibs1>



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MORE RESOURCES



For tips on family time, going out, and embarrassment:

- I get embarrassed about my sibling on the spectrum. Help!

Link: <http://bit.ly/OARSibs7>

- Embarrassment (supporting siblings with feelings)

Link: <http://bit.ly/OARSibs8>

For more on fairness and attention:

- Giving Siblings Attention

Link: <http://bit.ly/OARSibs4>

- Trying to be Fair

Link: <http://bit.ly/OARSibs5>



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Save The Dates!

💙 12th November 2016 💙

Saturday

*Oasis Place Family Circles
(Parents Support Group)*

💙 3rd-4th December 2016 💙

Saturday-Sunday

*What Is Up With Emotions?
with Kim Barthel*

💙 6th-8th December 2016 💙

Tuesday-Thursday

*Social Thinking Camp by
Oasis Place*

REGISTERED TRAINING CENTER
HRDF MALAYSIA CLAIMABLE

myCPD

QUALIFY FOR 10 myCPD CREDIT POINTS
ACCORDED BY MINISTRY OF HEALTH,
MALAYSIA'S ALLIED SCIENCES DIVISION



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THANK YOU!

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