SUPPORTING SIBLINGS IN A SPECIAL NEEDS FAMILY

A Workshop for Parents

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

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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?

Practical Suggestions For Helping & Supporting Siblings

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1. Explaining the Learning Difference
2. Family Life
3. Out in Public
4. Finding Balance

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Explaining the Learning Difference

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Have open, honest, <u>developmentally appropriate</u> and <u>ongoing</u> 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.

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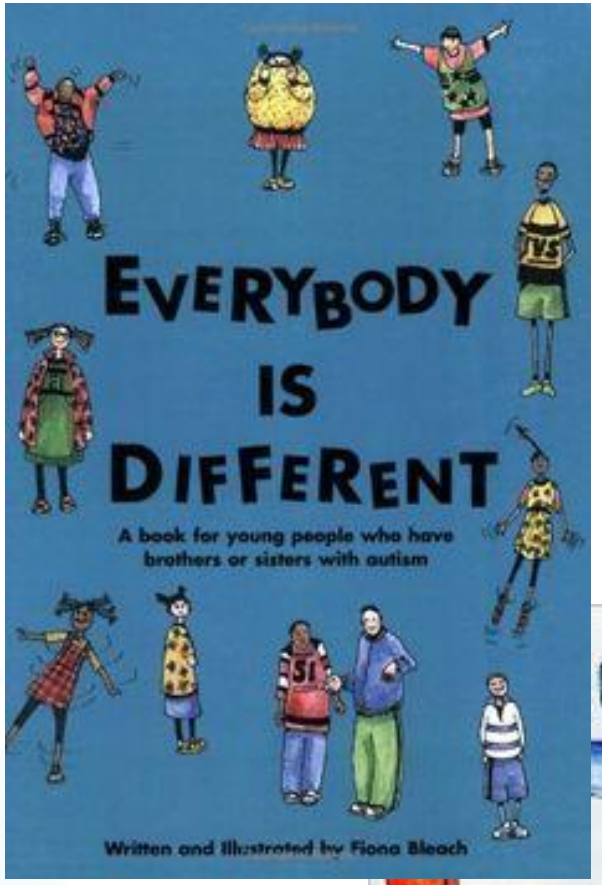
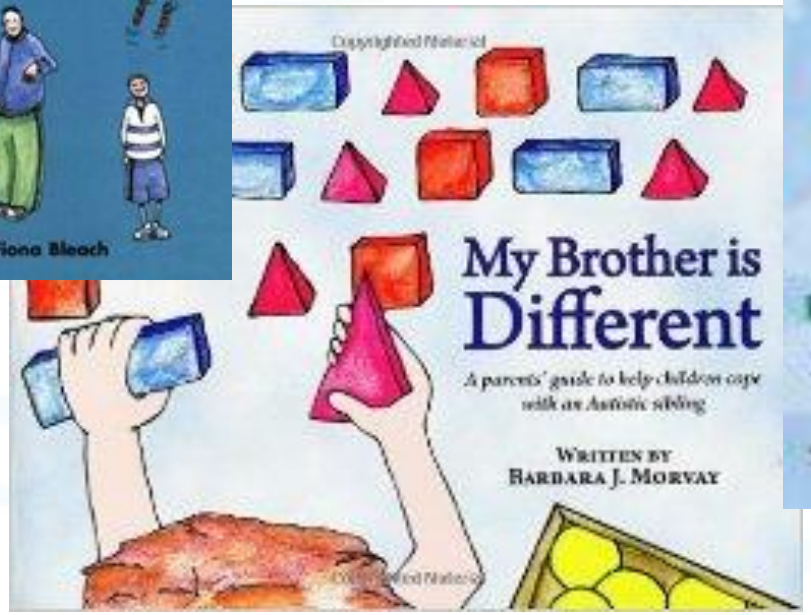
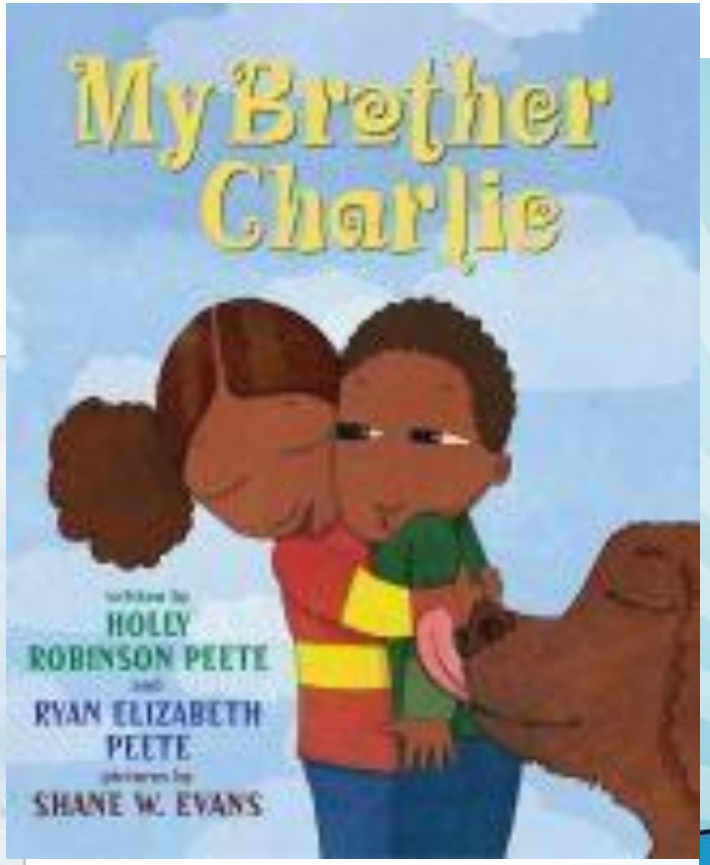
Useful Resources







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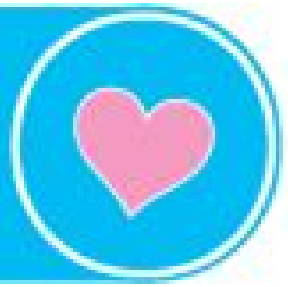
ROLE PLAY

“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?”

FAMILY LIFE



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It's not FAIR!

But my dear, fair does NOT mean equal….

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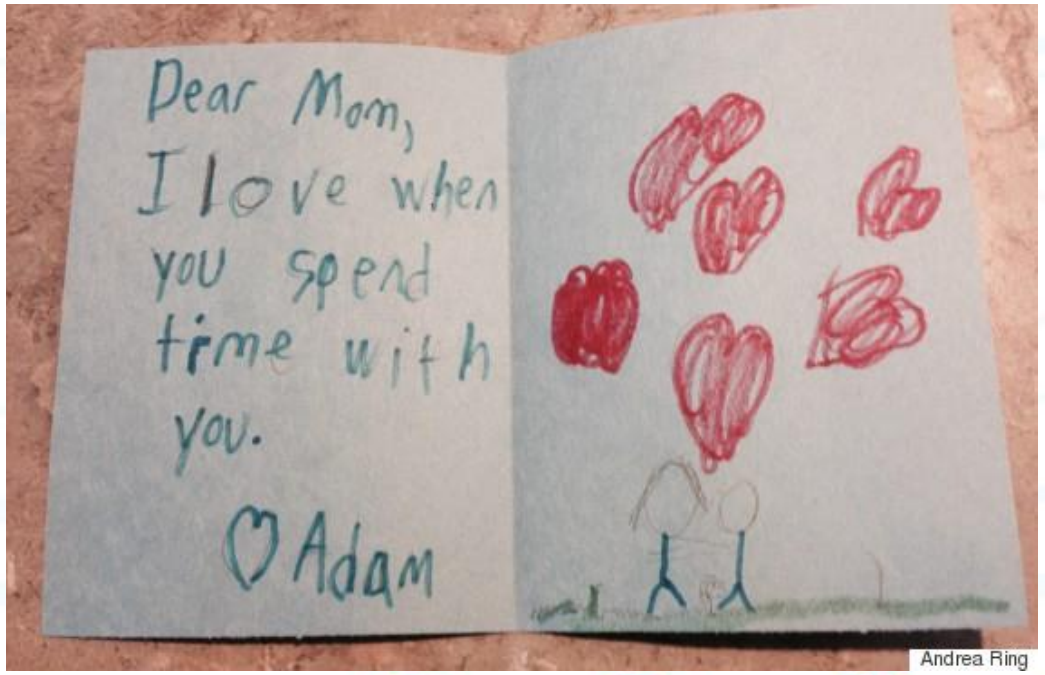
FAMILY LIFE

Sharing your attention



Andrea Ring

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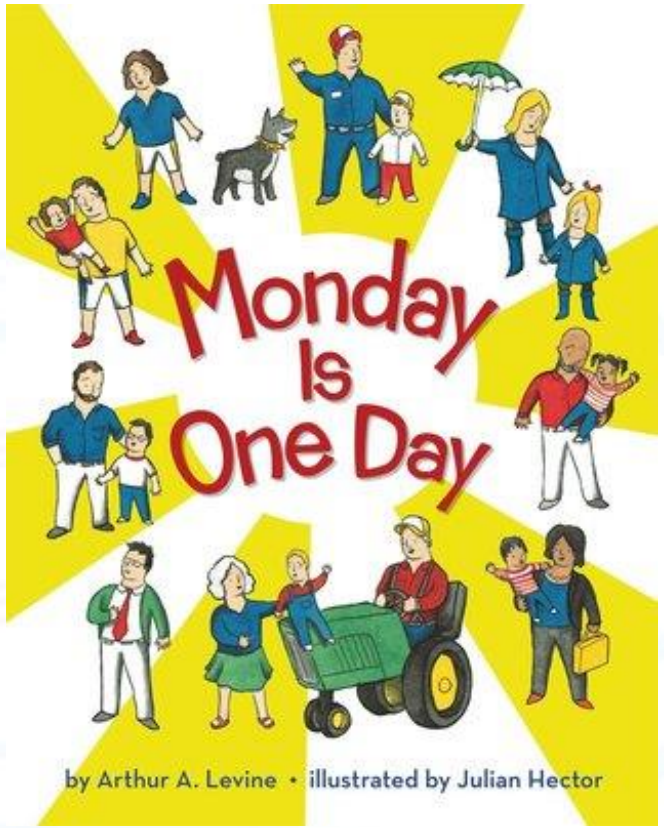
"The hardest part of going to work is being apart from you.

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

Monday is one day, Tuesday is blue shoes day, and Wednesday is halfway day.

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



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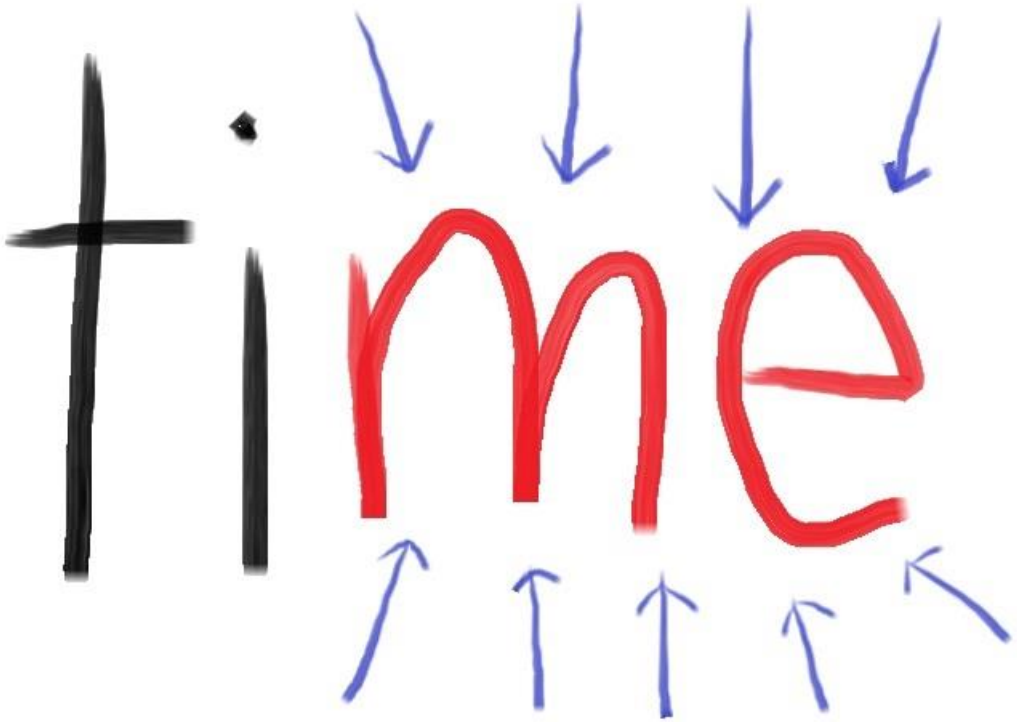
FAMILY LIFE



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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Growing up together

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FAMILY LIFE

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Manage Negative Feelings

"I wish I didn't have a sister"

"I hate my brother"

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OUT IN PUBLIC

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"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"

REFLECTION TIME

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

What did you say or do?

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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FINDING BALANCE

"...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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GOAL SETTING

Task:

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

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

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

REGISTERED TRAINING CENTER
HRDF MALAYSIA CLAIMABLE

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

6th-8th December 2016
Tuesday-Thursday
Social Thinking Camp by
Oasis Place

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THANK YOU!

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