



GREEN BOX ABA LLC.

# *Helping Siblings Understand Autism*

And other disabilities!

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# ***THE DIAGNOSIS***

## **EXPLAINING A DIAGNOSIS**

How open should you be with the sibling?  
Is it a big deal?.

## **EXPLAINING AN EXPLANATION**

Giving siblings the tools and ability to  
explain this to friends.







# ***EXPECTATIONS***

## **WILL THIS ALTER THE SIBLING'S LIFE?**

Yes. Is that a bad thing? No.

## **EXPECTATIONS WHEN THEY'RE YOUNG**

What to expect from the sibling when they're a child.

What standards are you holding them to? Is that fair?

When to start having the long-term conversation.



# ***EXPECTATIONS***

## **EXPECTATIONS WHEN THEY'RE OLDER**

The long-term plan

Guardianship

Independent Lives





# ***TIME MANAGEMENT***

## **SPLITTING UP YOUR TIME**

- Overlap interests
- Make the "mundane" fun
- One on one time
- The choice to be involved





# ***THE CULTURE***

## **PUBLIC PITY**

"I'm so sorry", "Bless you,", "Is there a cure?"

## **MISINFORMATION**

What's being taught. Educate your kids

## **SECRETS**

Siblings you don't know about

## **LANGUAGE**

Words that hurt to hear

## **FORCING SIMILARITIES**

Foster their friendships naturally

## **BULLIES**

Watching it happen





# ***Personal Perspectives***

Personal Growth

Balance

Pride

Resentment

Embarrassment

Transparency

Lucky

Patience

Burden



# ***RESOURCES***

## IN PERSON ACTIVITIES

Sib-Shops

The Arc events

Special Olympics

Conferences

Buddy Walks, Fundraisers

DSANV



## ONLINE

<https://childmind.org/article/5-ways-to-support-siblings-in-special-needs-families/>

Special Books by Special Kids

<https://adayinourshoes.com/siblings-special-needs-disabled/>



# *Open Discussion*

