



Info Rx

Siblings of Children with Illness or Disability

The sibling relationship can be complicated. There are extra challenges and stressors when a sibling has an illness or disability. The resources below can help parents provide support to their children and help children understand their complex feelings.

Borrow these books from the FCRC or check your local library!

What About Me?: When Brothers and Sisters Get Sick

Allan Peterkin (1998)

When a sibling gets sick children experience many different feelings. They may feel guilt about having somehow caused the illness, fear that the sibling will die, anger over being left out, anxiety about catching the sickness, and longing for life to return to the way it was. This story is about how one girl copes with her brother's illness.

Views from Our Shoes: Growing Up With a Brother or Sister With Special Needs

Donald J. Meyer (1997)

This book is a collection of personal essays written by 45 different siblings. Each child shares their unique experiences of what it is like to live with a sibling who has a disability.

Special Brothers and Sisters: Stories and Tips for Siblings of Children with Special Needs, Disability or Serious Illness

Annette Hames and Monica McCaffrey (2005)

Siblings 40 different families share their stories of growing up with their brother or sister with special needs, disability, or serious illness in this book. Each story also has a helpful tip for siblings

Rules

Cynthia Lord (2008)

This is the story of a twelve-year-old girl who wants a normal life while living with her brother who has autism and a family that revolves around his disability. She's spent years trying to teach David the rules – from a peach is not a funny-looking pple to keep your pants on in public! – in order to head off his embarrassing behaviours.



Siblings: You're Stuck with Each Other So Stick Together

James Crist (2010)

Written for kids, this guide book provides siblings strategies for getting along and improving their relationship. Pages 106-107 specifically address having a sibling with special needs. Ages 8-10.

Upside Down and Backwards: A Sibling's Journey Through Childhood Cancer

Julie Greves (2018)

Bryce's sister Paige is diagnosed with cancer. This book follows his experiences and deals with his feelings as his family's focus turn toward her. Includes note to readers.

Sibling Survival Guide: Indispensable Information for Brothers and Sisters of Adults with Disabilities

Donald J. Meyer and Emily Holl (2014)

Teenaged or adult siblings of someone with a disability will find this guidebook helpful. Note: Some of the information, including information about insurance, taxes, finances, and legalities is specific to America.

Siblings: How to Handle Sibling Rivalry to Create Lifelong Loving Bonds

Linda Blair (2018)

Siblings addresses issues that parents face when parenting multiple children. This book provides parents advice for nurturing the relationship between siblings.

Chapter 21 addresses siblings with special needs.

Siblings Without Rivalry: How To Help Your Children Live Together So You Can Live Too

Adele Faber and Elaine Mazlish (2012)

Faber and Mazlish give parents tools to help their children have a happy relationship with each other. They also provide advice for how to treat children fairly while considering each child's circumstances.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 frcr.ahs.ca/rx/siblings/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
28 Oki Drive NW, Calgary, AB, T3B 6A8

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