



## 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.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f36d0b1e272f70012ec5d21>



### FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/siblings/>



### MyHealth.Alberta—Helping Your Other Children Cope

Parents can help their child cope and prepare for a siblings surgery with these tips from Alberta Health Services.

<https://myhealth.alberta.ca/your-childs-surgery/how-do-i-prepare-my-child/helping-your-other-children-cope>



### About Kids Health

SickKids Hospital in Toronto, Ontario has created this page to give parents advice for how to help their child cope when a sibling is in the hospital.

<https://www.aboutkidshealth.ca/Article?contentid=1160&language=English>



### Kids Health

Kids Health by Nemours Foundation provides easy to read and doctor reviewed articles on a variety of health topics. This article is about caring for siblings of kids with disabilities.

<https://kidshealth.org/en/parents/siblings-special-needs.html?ref=search>



### Healthy Children

Healthy Children is a website provided by the American Academy of Pediatrics. Search for "Siblings of Children with chronic Illnesses or Disabilities" and "How Chronic Illness or Disability Affects a Family."

<https://www.healthychildren.org/English/Pages/default.aspx>



## Sibling Support Project

The Sibling Support Project is dedicated to brothers and sisters of those with special health, developmental, and mental health concerns. Siblings can access online groups, or read publications about sibling issues.

<https://siblingsupport.org/>



## Children's Hospital of Philadelphia—Brothers + Sisters: Tools to Help Children When a Sibling is Sick

This booklet was created to help parents help their children cope with a sibling's diagnosis. There is information and tips for a variety of age ranges.

<https://issuu.com/choppublications/docs/chop-brothers-and-sisters>



## The Sydney Children's Hospital Network—For Siblings of Sick Kids

The Sydney Children's Hospital Network created this page to provide information for Siblings of Sick Kids. It has tips, supporting research, and book suggestions.

<https://www.schn.health.nsw.gov.au/hospitals/parents-carers/for-siblings-of-sick-kids>



## The National Child Traumatic Stress Network—Sibling Death and Childhood Traumatic Grief: Information for Families

The death of a child takes a toll on a family. This resource helps families and siblings cope with their grief.

<https://www.nctsn.org/resources/sibling-death-and-childhood-traumatic-grief->



*Need more information?*

## Contact the Family Librarian

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

## Family & Community Resource Centre

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

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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