



Tips for brothers and sisters

1

Be proud of your brother or sister.

There's no reason not to be open when you're talking to your friends about autism. If you are embarrassed by your brother or sister, your friends will sense this. It will make it awkward for them and could make it harder for you.

2

Love your brother or sister for who they are. You would want them to do the same for you. Try to highlight what your sibling is good at; we all want to be recognised for our strengths.

3

Even though you love your brother or sister, sometimes you may feel as though you do not like them. That's okay – all brothers and sisters feel like that at times.

4

If you're finding it too much, make sure you tell someone. Don't bottle up your feelings. If you feel you can't talk to your parents about it, try finding someone else who will listen. There are other people you can talk to who care about you, like your teacher or other family members.

5

Remember your parents may be struggling too. Try not to take it out on them. Everyone finds it difficult and everyone is trying to do their best.

6

You are not alone! Almost everyone has something to face in their families. Ask your friends – they'll all have a story to tell. And lots of families have children with autism.

7

Do things together as a family but also spend some time with your family members without your brother or sister. You need to feel important too. Speak to your family if you feel left out. They'll understand. They probably won't realise until you mention it.

8

It's okay for you to want time alone. Having a brother or sister with autism can be tiring and frustrating. Sometimes it helps just to have a bit of space.

9

Find something that you and your brother or sister enjoy doing together. You will find it rewarding to connect with them, even if it's just a simple thing like doing a jigsaw puzzle. What's boring to you might be really exciting to your brother or sister. So, just join in. They'll be so happy they can share that with you.



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