

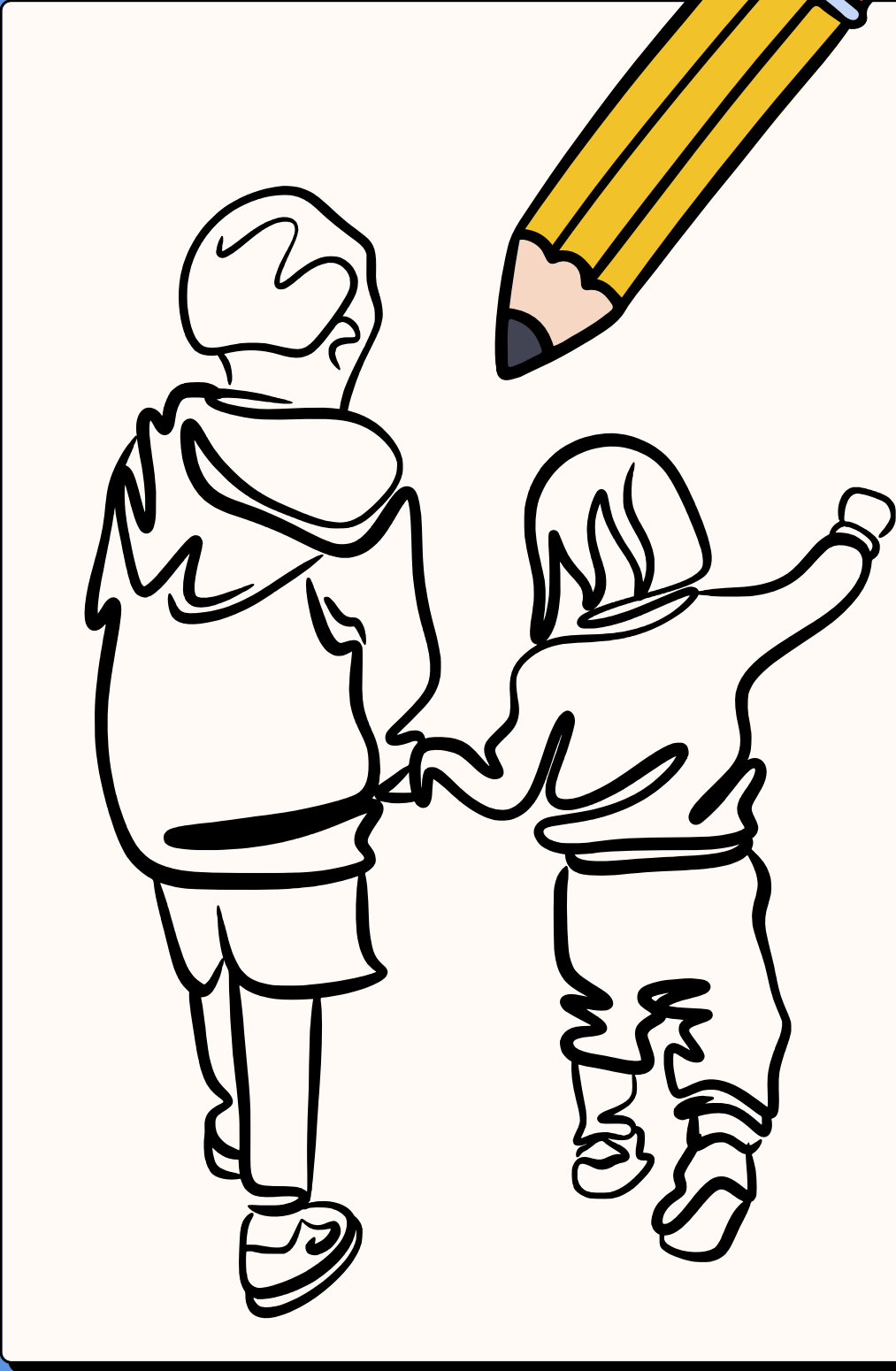
Juggling time fairly with your children is hard, here are some suggestions below on how to continue supporting your child who is a sibling carer

Sibling to Sibling support

Most of the time young carers want to help their siblings but they don't know how



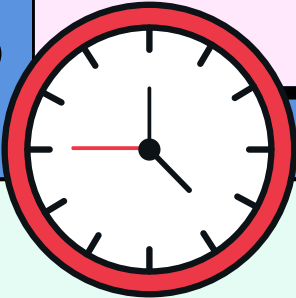
Use the 'My Sibling & Me' sheet to help work together on some of the worries



Quality time

Young Carers often say they don't want to burden their parents with extra worries.

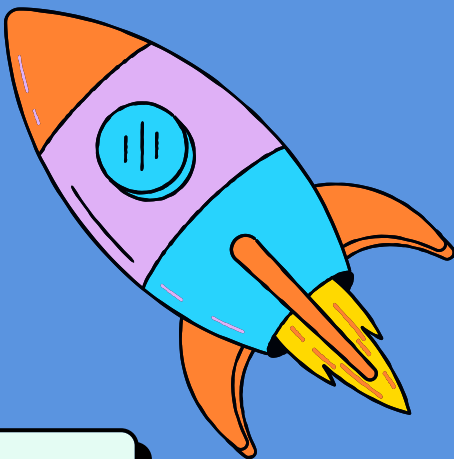
Organising one to one time to check in with them to hear about their day or worries can make all the difference. Perhaps once a week you could both suggest an activity you can do together.



Condition Glossary

Child friendly explanations are a conscious part of ensuring children are free from worry and concern. If your child is curious or beginning to show an understanding or questioning their sibling's condition, this may be a sign they are worried and are wanting to know more, you may wish to sit with them and explain what their sibling(s) have and how to support them. Click the green tab below for condition specific pointers

[Click Here](#)



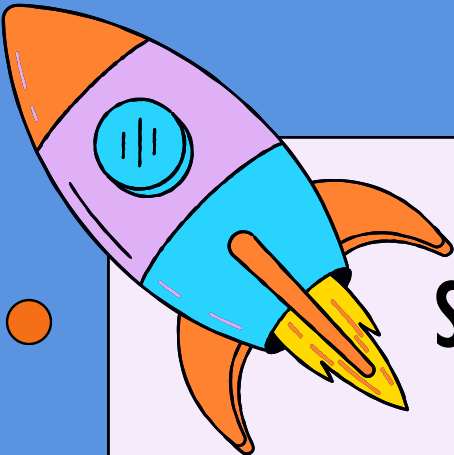
Jargon Buster

Words or professional roles may be shortened when referring to services or you may hear terms like 'key worker' or 'paediatrician'. Click below to see what those terms mean:

[Click Here](#)



Further support

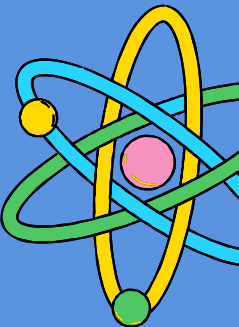


Speak to a young carers advisor

Speak to your child's education provision and/ or GP

Find your local carer service

[Click Here](#)



MY SIBLING & ME

Use this section to write about you and your sibling, this may include things that you like to do together, your favourite hobbies or things you are both good at

My Siblings condition:

Write your siblings condition in here

How I can support them

How do you help your sibling?
Write things which you would be comfortable and happy to help them with

How to help myself:

Sometimes it will be difficult to help your sibling they may not want your help, what can you do to for yourself instead?

i.e. Read a book, play a game, see your friends or go for a walk

Who can support me:

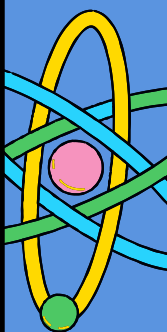
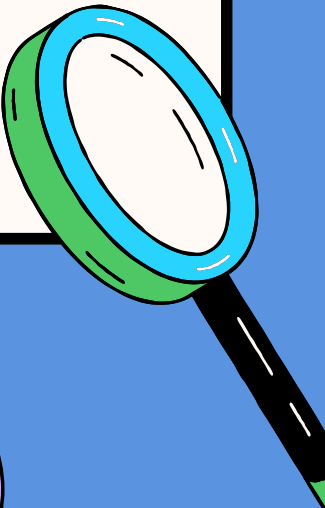
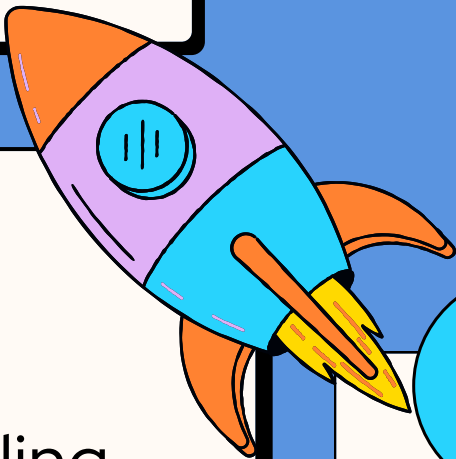
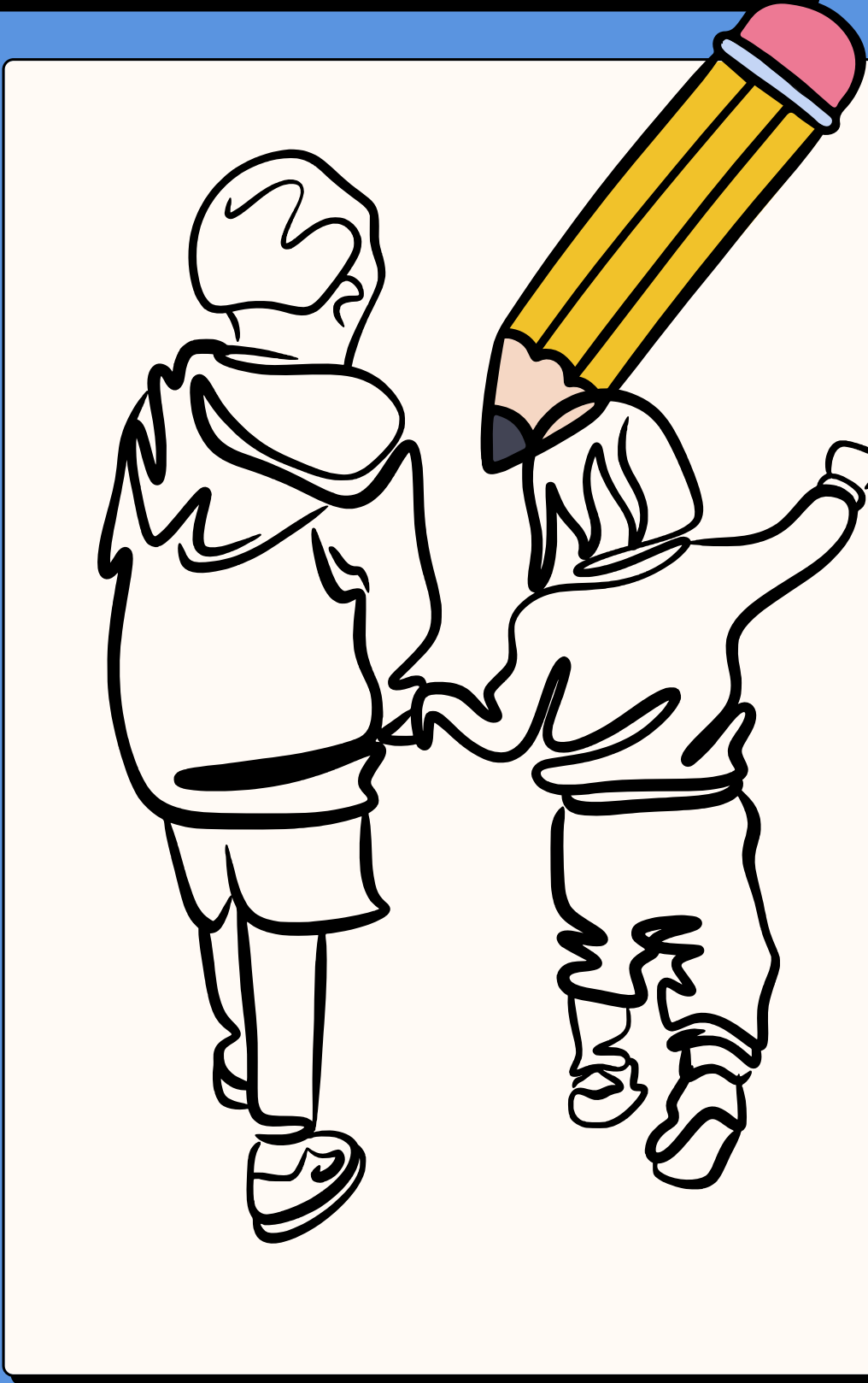
Write friends & family or trusted adults who you can talk to if you're worried

Things I worry about or find difficult about my sibling:

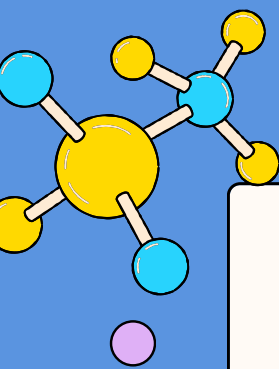
- "I don't like it when my sibling throws things"
- "I worry when they have to go to hospital"
- "I worry about them when I am at school"

How to deal with this:

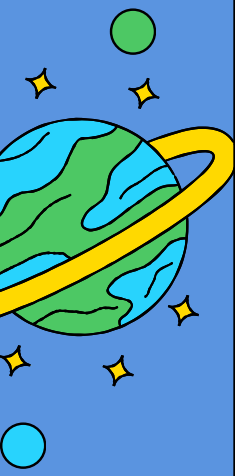
- "I can give them space to calm down"
- "I can write in my journal or talk to ____"
- "I can speak to one of my trusted adults"



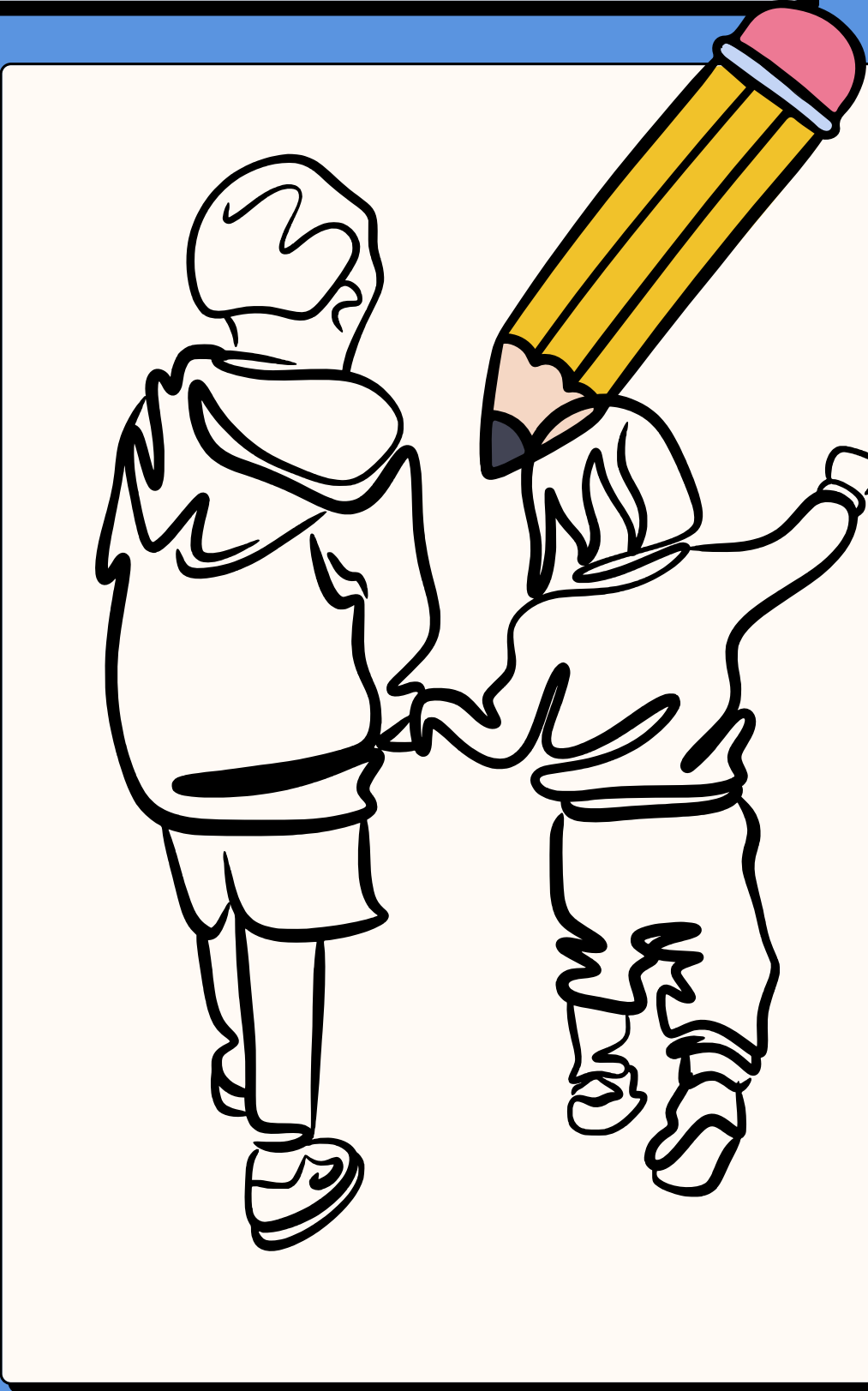
MY SIBLING & ME



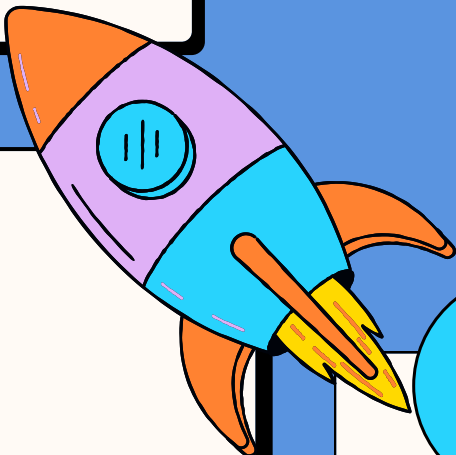
My Siblings condition:



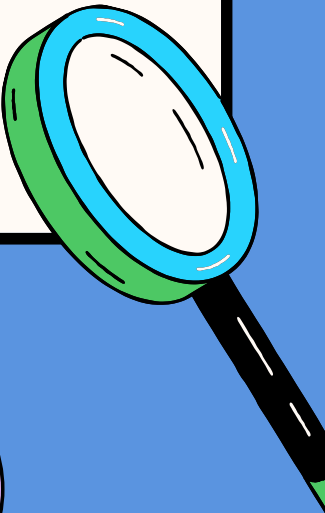
How I can support them



Things I like to do with my sibling:



Who can support me:



Things I worry about or find difficult about my sibling:

How to deal with this:

