



Guide for Siblings

FAMILY LIFE

Understand that your family is not the only family that is facing difficulties & challenges. Offering empathy & compassion towards one another will go a long way. Knowing there are others out there also helps.

TAKE TIME

- For yourself
- From your sibling
- From your responsibilities

(At least sometimes! Give yourself compassion too.)

FIND AN ACTIVITY YOU BOTH LOVE

Hiking	
Photography	
Cooking	
Dancing	
Singing	
Swimming	

RELEASE EXPECTATIONS

We have many expectations of how things should look like, but with an autistic sibling, this doesn't work out so well.

So, to help yourself, let go of any expectations towards them/yourself and just be ok with the moment as it is.



BE THEIR GUIDE

Whether you're the 'big' sibling or not, it most definitely feels like you are. So use this to your advantage and help them learn new skills with you: whether it's cooking, social skills or something you're good at. Empower them & challenge yourself too.

& LEARN FROM ONE ANOTHER

You both have superpowers that others don't and you can learn a lot from all of your experiences with your sibling.