

Siblings

A toolkit with suggestions on how to talk to siblings about autism



Explaining autism to a sibling can be challenging for parents. We have prepared this toolkit to assist you in starting the conversation with your child.

Here are some things you consider when beginning a conversation with your child.

- Find out what your child may already know (or think they know) about Autism. “Do you know what autism is?”
- Speak factually about autism and focus on positive language.
- Discuss and dispel any “myths” they may bring up about autism.
- Use age-appropriate language.
- Be prepared to repeat yourself and revisit the conversation often.

For more information about what is available in your region, connect with your local autism organization to see if there are other resources, guidance, and support.



Sibling Videos

Amazing Kids – From the creators of Amazing Things Happen, this cute video is an animation of autistic children explaining their autism.

<https://www.youtube.com/watch?v=VAogdfYPstU>

Happy Flappy Brothers – This short video, done by 2 brothers, shares the connection of siblings. <https://www.youtube.com/watch?v=EryEs1glu4s>

My Brother Has Autism – Dawson’s sister explains her relationship with her autistic brother from her perspective in this narrative. <https://www.youtube.com/watch?v=vajdd6lAGn4>

Fast Facts about Autism for Kids - 12 fast facts about autism for kids.

<https://www.youtube.com/watch?v=dUbsyd8Fnyw>

Sesame Street & Autism - See Amazing in All Children, is a nationwide initiative aimed at families with children ages 2 to 5. Developed with input from parents, autism service providers, and people with autism, See Amazing in All Children fosters an affirming narrative around autism for all families and kids.

<https://www.youtube.com/watch?v=RuV8AddbXIs>

Storybooks

The following books are video readings.

Davis Speaks: A brother with autism https://www.youtube.com/watch?v=7Tncazisa_g

Why Did Maggie Bite Me: A book to explain autism to children

<https://www.youtube.com/watch?v=K1FGD3mfC9c>



Books

The following is a list of common book suggestions for siblings:

Everybody is Different: A book for young People who have Brothers or Sisters with Autism

By Fiona Bleach

- This book serves as a resource. It explores common questions and offers suggestions for the whole family.

My Brother Charlie (Video above)

Written by Holly & Ryan Peete

- This children's book is about twin brothers. Ryan explains all about his Autistic brother Charlie.

My Brother is Autistic

By Jennifer Moore-Mallinos

- This book intended for preschool children and early readers explores the concerns and victories of growing up with an Autistic sibling through the eyes of a brother.

Siblings: The Autism Spectrum Through Our Eyes

Edited by Jane Johnson and Anne Van Rennselaer

- Intended for middle school and early teens, this book is a collection of stories from siblings.

Additional Resources

How Autism Shapes Sibling Relationships - Having an autistic brother or sister can pose challenges, but it can also make children patient, empathetic and resilient. By Emily Laber-Warren from July 22, 2020

<https://www.spectrumnews.org/features/deep-dive/how-autism-shapes-sibling-relationships/>

Autism my Sibling and Me - a fun and engaging workbook for children between the ages of 5 and 10. <https://researchautism.org/resources/autism-my-sibling-and-me/>

Siblings of Autistic Children: experiences, relationships and support. - An article on raising siblings of autistic children by an Australian parenting website.



<https://raisingchildren.net.au/autism/communicating-relationships/family-relationships/siblings-asd>

Ten Things Every Child with Autism Wishes You Knew - permission granted on document to share. https://autismalberta.ca/wp-content/uploads/2021/04/ten_things_word.pdf

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