



Feedback for: **Parent & Carer's Coffee Morning – Support for Siblings**

Date: 23. 11. 2018

Location of event: Rosehill School

Number of participants: 12

Delivered by: **Contact** –for families with disabled children

Facilitator – Claire Waldrom - Acting Deputy Head

- Amy Davis - Class teacher

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The session covered:



Aims and Objectives

An overview of:

- Why it is important to support siblings with their feelings
- Explore some strategies to support communication
- Understand why its important to talk about your child's disability
- Help siblings to build their own support networks
- Know where to get support and help

contact For families with disabled children



Brothers and sisters of children & young people with Autism may feel:

Positives	Negatives
Protective & caring	Annoying, feels left out
Understanding	jealousy
Unconditional love	Wants to fight people who don't understand
Not bothered by strangers attitudes	Thinks their sibling is naughty
Responsible	Doesn't understand their condition
Play together	Embarrassed
Sharing	Having to look after their sibling

Support for families:

Resources

- Sibs: - lots of information including ideas for activities and ideas about setting up a sibling group. Parenting sessions over the phone.
www.sibs.org.uk www.youngsibs.org.uk
- Young Carers: - www.youngcarers.net
- Rethink Mental Illness: -
www.rethink.org/siblings/brothers_and_sisters/young_siblings/index.html
- How To Talk So Kids Will Listen & Listen So Kids Will Talk – Adele Faber & Elaine Mazlish – www.fabermazlish.com info@fabermazlish.com
- Together for Short Lives – Helpline 0808 8088 100 (7am to midnight)
info@togetherforshortlives.org.uk www.togetherforshortlives.org.uk

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Things parents/carers found useful from the session:

To better deal
with my
child's
brothers and
sisters

Hearing what
other parents are
going through

Make more time
for my other
children

Good to talk and
be open

I liked the
whole
session

Brilliant to have an adult there who has been through this and
able to share her experiences?

I have loved taking
part in the meeting
and listening to other
people's experiences

Good to talk to
other parents

To speak to
my children
about how
they feel

The next parent's session will be held on **Friday 25th January 2019 @ 10-12** where we will be delivering a signing workshop to help pupils with their communication.

Thank you to all the parents that attended and your valuable contributions.

Look forward to seeing soon.