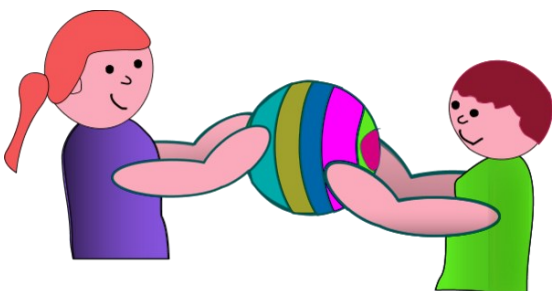


# Tips for Siblings of Individuals with FASD.

1. Treat the unaffected sibling as a child not a caregiver.
2. **TEACH** the siblings about FASD.
3. Help the siblings understand that FASD is a permanent disability and will never go away.
4. Give each sibling individual time without interruptions
5. Access respite services for your child with FASD to allow for 1:1 time with your other children.
6. Allow the siblings to express the feelings (jealously, anger, frustration, embarrassment, etc) that they are feeling about their sibling with FASD.
7. Ask the siblings to talk to a trusted adult about the feelings that they are feeling.
8. Encourage siblings to ask questions.
9. Share with people that their sibling has FASD.
10. Encourage siblings to help each other.
11. Look for sibling support groups (either for siblings of individuals with FASD or siblings of individuals with disabilities).
12. Plan a daily activity to do with your sibling that helps you feel connected (shoot hoops, play a board game, play a video game, make a craft, etc.)
13. Parents should try to maintain calm, modeling an



attitude of coping, communicating and actively

