

# SUPPORTING THE SIBLING EXPERIENCE: A PARENT'S GUIDE TO STARTING THE CONVERSATION

01.

## Young Children Conversation Starters

- What do you think autism means?
- What feels different about our family compared to your friends' families?
- Have you ever felt left out because of your sibling's needs?
- What helps you feel special and noticed?



## Teenager Conversation Starters

- What's the hardest part of being a sibling?
- Do you ever feel pressure to be 'the easy child'?
- Are there things you don't feel comfortable discussing with us?
- What kind of support do you need?

02.

03.

## Young Adult Conversation Starters

- What level of involvement, if any, would feel right for you in the future?
- What worries you the most about adulthood for your sibling?
- What information would help you feel most prepared?
- What boundaries feel important to you as you build your own life?



## Resources and Links

- [Talking to Siblings About Disability](#)
- [Children, Teen, and Parent Support Guide](#)
- [Planning for the Future](#)
- [Brianna's Advocacy in Action](#) podcast
- The Big Sister Role podcast: [Part 1](#) and [Part 2](#)

04.