



SPECIAL NEEDS | FIELD GUIDE

A sibling who needs a turn too

Make room for siblings without turning care into competition.

A note from Victoria

A sibling may love their brother or sister and still need attention, privacy, or relief from helping. You can hear that without questioning your love for either child.

What to do

Offer a predictable, small one-on-one moment. Ask what the sibling wants adults to understand, and avoid making them a default helper or interpreter. Explain only age-appropriate information about needs and safety. Invite their input on family plans without giving them adult responsibility.

Words you can use

"You matter to me as yourself. Is there something you wish we did together that is just ours?"

One useful step I can take today:

I could start with: Put one sibling-led activity on the calendar, even if it is fifteen minutes.

The strength I see in you

Making space for each child is a skill you are practicing, not a balance you must perfect.

Educational peer support, not individualized medical, legal, or school advice. Partner with your child and their care or school team; consult a qualified advocate about rights questions.



SPECIAL NEEDS | WORKSHEET

A sibling who needs a turn too

Use this page in your own words. You can leave any part blank.

What the sibling has been asking for

A short, sibling-led moment we can protect

An adult responsibility I should not place on them

My next manageable step

A person, service, or place I can turn to (if useful)

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