



Autism Spectrum Disorders

Tips for Siblings

What is Autism?

Autism is a disability that can cause kids to have a hard time communicating and being with other people. Some kids with autism can talk, but many never learn to talk. Some kids with autism have challenging behaviors. Other kids with autism have special skills and talents that are pretty amazing!

Why Does He Do That?

It can be really hard to have a brother or sister with autism. Maybe your sibling has tantrums, or makes loud noises, or hits. Most kids with autism have challenging behaviors because they can't talk. Think about how frustrating that would be! Kids with autism always have a reason for what they do, but sometimes it's hard to figure out.

For more information:

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Here are some **Tips** JUST FOR YOU!

Sometimes you will be angry with your brother or sister. It's o.k. to feel upset—all siblings get upset with one another at times. Don't be afraid to talk about this with your parents or your siblings. It is important to understand that autism is a tough disability to have and your sibling is trying his or her hardest to do the right thing.

It is o.k. to be sad if you have a brother or sister affected by autism. Remember, your parents may feel the same way.

Doing things as a family is important. But it is o.k. for you to ask to spend time alone with your parents or grandparents. Having a family member with autism can be very time consuming for everyone. But you need to feel important to. Even if your brother or sister didn't have autism, you'd still want a little time along with parents and grandparents.

Remember you are not alone! Every family has challenges, and yes, autism is challenging. But if you look closely, all families have difficult times.

All families have rules and routines and sometimes your family may be doing things differently than other families. You may have special responsibilities within your family. It is important to understand that your parents may ask you to help make sure your brother or sister is always safe—especially in public.

Kids with autism get teased a lot in school. You don't have to step in every time this happens but you can tell your sibling's teacher and parents about the problem.

Be proud of your brother or sister. Celebrate what is special about your siblings with autism. Learn to talk about it and be open and comfortable describing autism to others. If you are comfortable with the topic, then others will be to.

