

Sibling Support Resources



The Arc of Frederick County – SibShops – Offers a series of workshops for siblings of an individual diagnosed with a disability, ages 5-11. For information about location and dates, please contact The Arc of Frederick County at 301-663-0909 – https://www.arcfc.org/what_we_do/sibshop.html

The Arc of the United States – Offers resources and an opportunity to sign up for the Sibling Scene e-newsletter. - <https://thearc.org/get-involved/siblings>

The Sibling Support Project – Offers a variety of resources for siblings – online support groups, publications, event news, and podcast information - <https://siblingsupport.org>

- Among the options is an online Sibshop for children ages 8-13. <https://siblingsupport.org/online-sibshops>
- They offer an online community for adult brothers and sisters of people with disabilities- <https://siblingsupport.org/connect/sibnet>
- They also offer a variety of written materials to help all ages understand and navigate being a sibling of an individual diagnosed with a disability. A variety of books and articles are available— <https://siblingsupport.org/publications>

The Sibling Leadership Network – Provides information, resources and connections for siblings. Offers a variety of tools to help siblings advocate for their family member and keep up to date on important issues. - <https://siblingleadership.org>

For Parents: Here are a few articles that may be helpful when addressing sibling needs/issues:

- <https://childmind.org/article/5-ways-to-support-siblings-in-special-needs-families>
- <https://www.mghclaycenter.org/parenting-concerns/growing-up-with-a-sibling-with-a-disability>
- <https://www.coordikids.com/8-support-strategies-for-siblings-of-children-with-disabilities>
- <https://www.sibs.org.uk/supporting-young-siblings/parents/explaining-disability-to-your-sibling-child>

The Arc of Frederick County

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