

My Sibling has Autism!

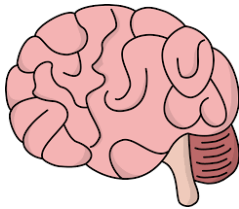


What is Autism?

Something your sibling was born with



No cure for it



Their brain works a little differently

They might find it hard to make friends and to keep friends



They might find it hard to understand what other people are thinking and feeling

They might prefer routines and things to be organised



They might seem to be obsessed with their favourite things and only want to talk about these, like a TV show or video game



They might find things like loud noises and bright lights horrible and become upset



Autism can make it hard to...



Take turns during a game



Wait in a queue



Cope with busy places

Understand being polite and
having good manners



Understand when someone is joking



Cope with uncertainty or surprises



What things does your sibling find tricky?

It can be hard supporting a sibling who has autism. Sometimes you might feel...

Jealous – because they get a lot of special attention

Ignored – because you can manage and they need more help

Happy – because your sibling is interesting and different

Angry – because they didn't wait their turn

Lucky – because you have a lot of fun together

Sad – because they find a lot of things difficult

Circle some of the feelings you have had this week

Happy

Angry

Ignored

Loved

Sad

Excited

Jealous

Lucky

Lonely

Fed up

Annoyed

Calm

It's OK to have ALL of these feelings. Sometimes
we feel good 👍 and sometimes we feel low 👎

Remember that you are special and loved!

