

Siblings Toolkit

WHAT IS AUTISM?

Autism, or Autism Spectrum Disorder (ASD), is a developmental condition that affects how a person communicates, learns, and interacts with others.

People with autism may experience the world differently, and they might need extra help in some areas while being really good at others. No two people with autism are exactly the same.

WHY DO THEY GET MORE ATTENTION FROM OUT PARENTS?

Your sibling might need more help with things like school, therapy, or learning new skills, which can take up a lot of time. It doesn't mean your parents love you any less. If you ever feel left out, talk to your parents and let them know how you feel—they'll want to hear from you.

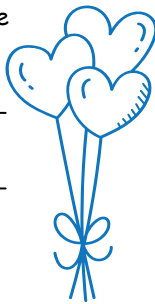
WHY DOES MY SIBLING ACT DIFFERENTLY

Your sibling might behave differently because their brain works in unique ways. They may find loud noises, bright lights, or changes in routine overwhelming, or they might do things like flap their hands or repeat words because it helps them feel calm. These behaviors are how they manage their feelings and the world around them.

HOW CAN I HELP MY SIBLING?

You can help by being kind and understanding. Here are a few ideas:

- Include them in games or activities they enjoy.
- Be patient if they need extra time to do something.
- Help explain things to others if someone doesn't understand their behavior.
- Celebrate their successes, no matter how small!



LEARN ABOUT AUTISM



Amazing Things Happen! Video from "Amazing Things Project"

Learn about your brother or sister's autism diagnosis in a way that helps you understand what it means and how it might make them think, feel, or act differently.



BOOKS

