FAMILY LIFE AND WELLBEING

Sibling Understanding and Support Activities

Free download · My SEND Friend Shop

A gentle pack for noticing how brothers and sisters are doing, with simple activities and conversation prompts.

This is not therapy and it does not ask a sibling to become a young carer. Go at the sibling's pace and stop if it feels raw or unfair.

Who this is for

Families who want a kind way to include, listen to, or support a sibling, without making them responsible for the child with SEND.

What is inside

- A starting page for adults
- Conversation and activity ideas
- A "time for me" planner
- A notes page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Siblings have their own story

A brother or sister may feel proud, left out, worried, fiercely loyal, or all of those in one week. They should not have to be the calm one, the helper, or the one who always understands. This pack offers ways to listen and to protect some time that is only theirs.

Prompts you can use, or ignore

There is no need to work through every prompt. A walk, a small activity, or sitting side by side can be enough. Do not force a conversation about disability if they are not ready.

Things this sibling already does well, in their own right

Things they have said, or shown, about family life that I want to take seriously

A simple activity we could do with no “teaching” attached

How I will answer a hard question honestly, in words that fit their age

Time that is only theirs

A realistic way to give this sibling some undivided time or attention this week

Support I might look up for them (a sibling group, school, or a conversation with a professional) if they need it

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family life and wellbeing resources
- Your GP, a local carers' service, or social care, if you need support
- Your local SENDIASS or short-breaks / local-offer pages, if relevant

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

mysendfriend.co.uk · My SEND Friend Shop · Supporting families together