

Here are 6 Tips on
**How to Help out
Brothers & Sisters
of Kids with Autism**

**BUILD
STRONG BONDS**



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Tip #1

Empathy is the KEY

Put yourself in their shoes. They might have days when they feel frustrated, confused, or even left out. That's where we come in as their rock-solid support squad.



Tip #2

Open Communication

We gotta create an open and safe space for our awesome siblings to express themselves. We need to be good listeners, people!



Tip #3

Let's talk about Inclusion!

It's all about balancing the needs of our siblings with autism while still making sure our other siblings feel included and involved.



Tip #4

Educate Ourselves

We need to arm ourselves with knowledge about autism. The more we understand it, the better we are equipped to support our siblings.



Tip #5

Support networks/groups

We gotta connect our siblings with other awesome peeps who can relate to their experiences.

It's all about finding that sense of camaraderie and support.



Tip #6

Self-care

We need to take care of ourselves too! You gotta love yourself so we can be there for our siblings while also nurturing our own well-being.



Teaching Parents Autism

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