



Cancer and Siblings: A Guide to Support

Key Strategies



Clear Communication

Be honest and age-appropriate when discussing cancer with siblings to ease fears and clear up misunderstandings.



Maintain Normalcy

Encourage siblings to stick to their routines, like school and activities, for stability. If possible, keep them with consistent caregivers/family members for familiarity and security.



Quality Time

Make time for each sibling individually, doing activities they enjoy for stress relief and connection. Support their favorite activities, even if you're busy – enlist help from friends or family for logistics.



Addressing Guilt

Assure siblings they aren't to blame for their sibling's illness. Explain that cancer isn't caused by thoughts or actions. Involve them in positive contributions to their sick sibling's well-being for a sense of control.



Acknowledge Emotions

Recognize and validate siblings' emotions, including anger and sadness. Offer outlets like drawing or writing, and teach relaxation techniques such as deep breathing.



Nurture Sibling Relationships

Facilitate fun moments through games, movies, and shared activities. Address appearance changes due to treatment, like hair loss, to avoid misunderstandings and boost positive self-image.



Communication Opportunities

Facilitate communication between siblings to help them feel connected and supported during this challenging time.

Reference: <https://together.stjude.org/en-us/for-families/parents/parenting-siblings.html>