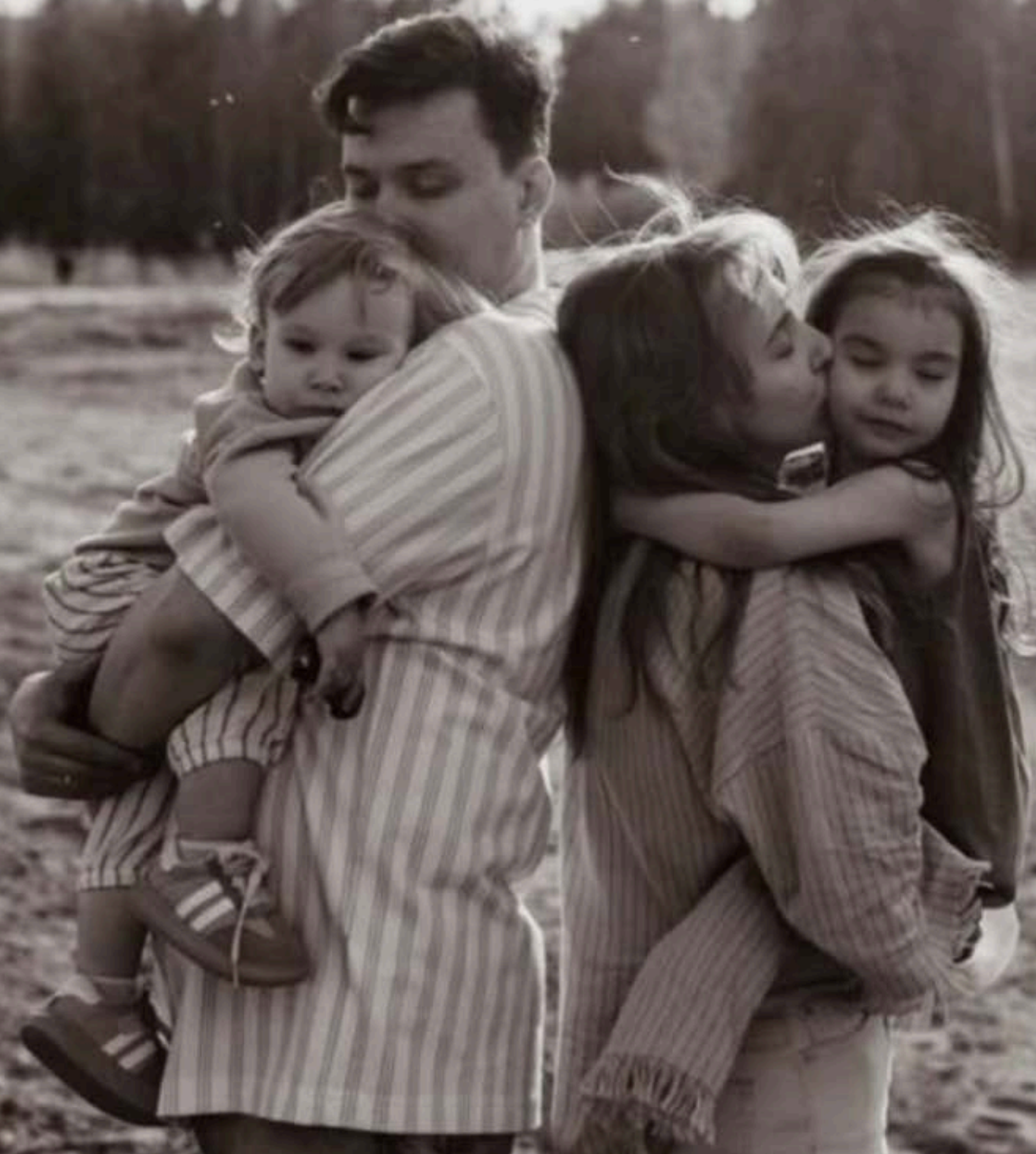


AUTISM & SIBLING RELATIONSHIPS MINI-GUIDE

A carer's guide to helping every child feel seen, supported and truly loved—without the guilt or overwhelm.



As a parent, it's okay to feel torn.



Here's the truth:

Raising an autistic child can take up more time, energy, and emotional bandwidth. That often leaves parents feeling guilty about their other children.

This guide is here to help you explain autism to your other children and support them through their feelings — fostering more understanding and loving sibling relationships.



Talking to Your Other Children

Your other kids might not fully understand why their sibling needs extra attention, they might feel:

- Left out
- Confused by their sibling's behaviours
- Protective, embarrassed, or even resentful

These feelings are normal and worth talking about.



Use simple, honest explanations

You don't need to go into deep detail. Try:

- “Your brother’s brain works differently. That’s why loud noises bother him and he gets overwhelmed sometimes.”
- “She’s not being mean, her brain just finds talking hard right now.”

Keep it age-appropriate and check in often.



Give space to ask questions

Let your child know no question is “wrong.”

Here’s some conversation starters:

- “Do you ever wonder why your sister doesn’t talk much?”
- “Is there anything about your brother that’s hard to understand?”

Listening is more important than answering everything perfectly.



Name and normalise all feelings

It's okay if your neurotypical child feels frustrated, jealous, or confused. Try:

→ “It's totally okay to feel that way. It's hard when so much attention goes to your sister.”

Validation builds trust.



Set boundaries without guilt

Sometimes your autistic child may act in ways that are unsafe or upsetting.

Teach your other child to:

- Walk away safely
- Get an adult
- Speak up if something doesn't feel fair

Boundaries keep everyone safe—and they're a form of love.



In homes shaped by autism,
sibling bonds can grow into
something beautifully resilient.

It won't always be perfect and that's okay.

What matters is showing up with love,
patience, and a soft place to land.

A quiet giggle. A hand held. A look that says "I
get you."

These moments? They're everything.

They're the start of a lifelong connection built
on empathy and understanding.





AUNYX

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At AUNYX, we believe every family deserves to feel supported, not stretched thin and overwhelmed 24/7.

Sibling dynamics can be hard, but they can also be beautiful.

You're doing better than you think.

💛 *Share this with a parent who needs to hear it. Let's make sure no family feels alone in this journey.*