

My Sibling Has Autism



I have a sibling who has autism.



Autism means their brain works differently than mine. This can affect how they talk, move, play, or handle big feelings.



Sometimes my sibling may get overwhelmed. They might yell, cry, break things, or need a lot of help from adults. This is called a meltdown. Meltdowns are not my fault, or my sibling's fault.



When a meltdown happens, I do not try to stop it or fix it. I can go to my safe place, put on my headphones, or ask an adult for help.



My sibling may get more attention, different rules, or extra help. It is okay to feel sad, mad, confused, or jealous.



I can love my sibling and still have hard feelings at the same time. My feelings matter too. I can talk to a parent, trusted adult, or counselor about how I feel.