

# Sibling Support Centre

## BC Children's & BC Women's Hospital + Health Centre

### Resource List

- Feedback Survey
- Sibling Resources - Books - Family Support Resource Centre
- Resources of the Month - Links to Campus
- Sibling Support Groups - Community Links
- Sibling Support - Articles and Resource links for siblings, parents and young caregivers
- App for Download - Simply Sayin' - Family Friendly Medical Definitions App

### Feedback Survey - Sibling Support Centre Space

We value your feedback to help make decisions on how to make our Sibling Support Centre space work best for sibling's ages three and up and for their families during our pilot period.

We would love to hear from you and have attached a link to an anonymous survey.

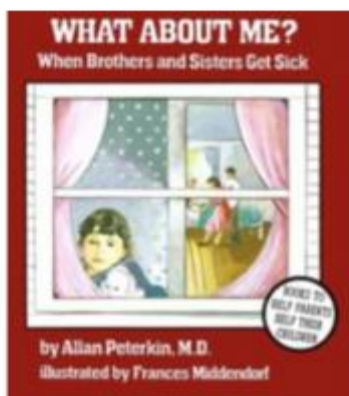
<https://forms.gle/UH8YeW17EFY13ZkW9>



### Sibling Books

Borrow these items and more from the FSRC. Email: [fsrc@cw.bc.ca](mailto:fsrc@cw.bc.ca), or visit

<https://bcch.andornot.com/>



**What about me? When Brothers and sisters get sick<sup>[1]</sup>**  
by Allan Peterkin & Frances Middendorf (ill.)

This book addresses the many complicated feelings the well child experiences in a situation where a sibling is ill: guilt about having caused the illness, fear that the sibling will die, anger over being left out, anxiety about catching the sickness, and longing for life to return to the way it was. (Age 4 – 8)

The FSRC offers health information for family members of all ages. We lend high-quality books, CDs, DVDs, games and kits about health and different diagnoses including materials for young children and teens. Items ship to your home and include return postage. To request information on a specific topic, contact our Health Literacy Information Specialist, Pamela Harrison at [fsrc@cw.bc.ca](mailto:fsrc@cw.bc.ca), or phone 604-875-3699.



**Check out their book collection by scanning the QR Code**



## Resources of the Month - Links on Campus

- **Live 5210 Initiative** - Live 5-2-1-0 partners with communities to promote healthy behaviours among children. The evidence-based message promotes four simple guidelines for raising healthy children. Through the Live 5-2-1-0 message, we support communities as they take action across all sectors to build environments where the healthy choice is the easy choice for kids.  
<https://live5210.ca/pages/home>
- **Vancouver Public Library supports for C&W** - The Vancouver Public Library (VPL) works to support patients' and families' needs for connection, literacy, and recreation while on the C&W campus. Patients and families with electronic devices can join VPL programs, events, eBooks and other electronic materials through their home. If you have questions about VPL supports on campus, please contact the Family Support & Resource Centre [fsrc@cw.bc.ca](mailto:fsrc@cw.bc.ca) or see the webpage <https://cw-bc.libguides.com/VPL>
- **Indigenous Health at BC Children's & Women's Hospitals** - Indigenous Health at BC Children's & Women's Hospitals provides health and support services to Indigenous women and their families receiving care at BC Women's Hospital + Health Centre and BC Children's Hospital.  
<http://www.bcchildrens.ca/our-services/support-services/indigenous-health>



# Together We Shine

## Sibling Supports - Community Links

**Please note:** The Sibling Support Centre is not affiliated with or connected in any way to the following community supports. These are only a few community links to support families in finding sibling support networks

# Together We Shine

## Sibling Supports - Community Links

**New resource for teenagers: KARE: The Magazine for Young Caregivers, a digital guidebook dedicated to young carers.** What is a young carer? A young carer is someone under the age of 25 who is affected by or cares for a loved one who has a chronic illness, disability, mental health or substance use issue and/or problems related to old age. Children as young as 5 take on responsibilities like administering medication or translating in healthcare settings for loved ones. <https://amiquebec.org/kare/>

**Kids in Control and Teens in Control** are free education and support programs. Families can self-refer to their programs. They are for children and youth (8-18 years) who have a family member with mental illness (e.g. schizophrenia, bipolar disorder, depression, etc.). These programs aim to foster resilience and increase knowledge and understanding of mental illness. <https://www.bcsc.org/kidsincontrol/>

**Upopolis - Empowering youth navigating stressful life events.** Upopolis is a free, fun, and secure online community that connects siblings (and patients) aged 10 to 18 with other siblings who are going through medical experiences or stressful life events in North America. Upopolis reduces social isolation while educating and empowering youth to play an active role in managing and coping with their diagnosis, condition, or situation. Ask a health care professional to complete the online referral form or to contact them to get started. <https://www.upopolis.com/parents/>

**Family Support Institute of BC** - Provincial not for profit society committed to supporting families who have a family member with a disability. FSI's supports and services are FREE to any family. <https://familysupportbc.com/>

**Kelty Mental Health Resource Centre** – Help for families across the province navigate the mental health system, connect with peer support, and access resources and tools to support well-being <https://keltymentalhealth.ca/>

**Foundry BC** - Young people aged 12-24 and their caregivers can access same day virtual services or schedule a virtual counselling appointment, find peer support, access primary care, access groups & workshops, or browse our library of tools and resources. <https://foundrybc.ca/get-support/>

**Autism BC** - Siblings groups are specifically for the siblings of kids and adults on the autism spectrum. These groups are facilitated by parents to give siblings a chance to connect with other siblings while participating in fun activities. Groups vary by location. <https://www.autismbc.ca/>

**Community Options -Victoria BC** - Provides services to families in our community who have a family member with extra support needs. Services include Individualized Support, Sibshops, Parent Workshops, and Spring & Summer Funding for families. <https://cofc.ca/family-support/>





## Sibling Supports - Articles and Links for Parents and Caregivers

**Siblings in the hospital – helping your child cope – SickKids Hospital link** - When a child is hospitalized, their siblings may feel angry, anxious or depressed. Find ways to help children cope with having a sibling in the hospital.

<https://www.aboutkidshealth.ca/Article?contentid=1160&language=English>

**Parent Tip Sheet - Supporting siblings of someone with a disability - Holland Bloorview Rehabilitation Hospital link** - These are tips that were written by a parent and reviewed by siblings of different Holland Bloorview clients. This resource is meant to share tips on how to best support siblings of someone with a disability. Think about your own tips or experiences that you can add to your copy of this tip sheet. Every family is different! <https://hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/online-family-resources-centre/parent-0>

**Tips for inpatient Siblings - Holland Bloorview Rehabilitation Hospital link** - Some tips on how to make the most of your experience when your sibling is an inpatient - First Section

<https://hollandbloorview.ca/services/family-workshops-resources/family-resource-centre/online-family-resources-centre/tips>

**Siblings under stress - Child Mind Institute link**- When one child is in crisis, the other kids need monitoring and support, too - <https://childmind.org/article/siblings-under-stress/>

**Advice From Siblings of Special-Needs Kids - Child Mind Institute link** - Their tips on how to minimize stress and make sure all the kids' needs are met <https://childmind.org/article/advice-siblings-of-special-needs-kids/>

**Ways to help siblings cope by age -Canadian Cancer Society**-A child's cancer diagnosis affects the whole family. These age-specific tips will help you help your other children cope when their sibling has cancer. <https://cancer.ca/en/living-with-cancer/your-child-has-cancer/coping-with-a-child-s-cancer/helping-siblings-cope/ways-to-help-siblings-cope-by-age>

**YoungSibs** - For brothers and sisters of disabled children and adults. You're not alone! Do you have a brother or sister who is disabled, has special educational needs or a serious long-term condition? Useful links and information <https://www.sibs.org.uk/youngsibs/>

**Siblings of Patients Need Support Too - Children's Hospital of Philadelphia link** - When your child has a medical condition, it's clear that special attention is needed to help that child through treatments, hospitalizations, and the emotions that can come with a serious health problem. But what about your other children — the healthy siblings who may worry about their brother or sister and miss you when you can't be home? <https://www.chop.edu/news/health-tip/siblings-patients-need-support-too>

**Support Siblings of Hospitalized Child - Children's Hospital of Philadelphia link** - Each child has his or her own concerns when a brother or sister is in the hospital. Here you'll find information to help you understand the reactions children may have and some ways to help them cope during this time. <https://www.chop.edu/health-resources/support-siblings-hospitalized-child>

**Glass Child Syndrome - Empowering Siblings who Feel Unseen – caregiving.com** - Glass Child Syndrome (GCS)—which is essentially the tendency for a child with a medical condition to have all of the attention placed solely on them, while their siblings struggle to find their place—is a phenomenon for parents to be aware of and mitigate. This article will explore GCS in-depth and provide caregivers with three key steps to ensure that the unique needs of their “glass child” and their siblings are met. <https://www.caregiving.com/content/glass-child-syndrome-empowering-siblings-who-feel-unseen>

**Talking to Your Child About a Loved One's Diagnosis – caregiving.com** - Processing how to talk to your child about a loved one's diagnosis is a difficult conversation to plan for. When a family member is diagnosed with a serious illness or disability, it can be difficult to find the right words to explain the situation while also addressing the needs of the child. It's important to remember that children may be more aware of a difficult situation than is sometimes realized and may simply want to feel informed and included in the process. <https://www.caregiving.com/content/talking-to-your-child-about-a-loved-ones-diagnosis>

**Learn to safely support someone struggling with their mental health - jack.org** - If you're concerned someone might be struggling with their mental health it's important to say something. But how do you know if they're struggling? The conversation around mental health is growing. Young people are finding the courage to share their struggles and ask for support, but often their friends and families don't know how to respond. That's where Be There comes in. We envision a world where every young person is comfortable talking about their mental health, and those who need support get the help they deserve. Browse Be There's 5 Golden Rules at BeThere.org or go deeper with at BeThereCertificate.org. <https://jack.org/About/Be-There>

**Young Caregivers Association** - The first organization in Canada dedicated to supporting young caregivers and their families, who live in rural and urban communities while building awareness across Canada. <https://youngcaregivers.ca/>

**FamilySmart – Together Centred - BC Parent Peer Support-** Helping children and young people by helping their family and other caring adults. Children and young people do better when the adults who care about them are supported. <https://familysmart.ca/parent-peer-support/bc-parent-peer-support/>

**Caring for Siblings of Kids with Disabilities -Nemours Kids Health** - As a parent, you want to give equal attention to all of your children. But when parenting a child with special health care needs, that can be hard. It may feel like there's never enough of your attention to go around — and your other kids might begin to feel left out. <https://kidshealth.org/en/parents/siblings-special-needs.html?ref=search>

**Support Siblings of Hospitalized Child - Children's Hospital of Philadelphia link** - Each child has his or her own concerns when a brother or sister is in the hospital. Here you'll find information to help you understand the reactions children may have and some ways to help them cope during this time.

<https://www.chop.edu/health-resources/support-siblings-hospitalized-child>

**Some additional ideas to help a child stay connected (from the Children's Hospital of Dartmouth-Hitchcock):**

- Rotate journals: Find blank journals for each child to write messages and exchange between visits
- Draw pictures, create a card, or print out photographs: Encourage the sibling to draw pictures, write a message, or choose photographs to be posted in the patient room
- Use recordable books: Recordable books allow siblings (or other family members) to read a story to the hospitalized child, even if they cannot be with them. Amazon.com offers several recordable books
- Make video messages: Record video messages on your phone
- Use FaceTime or Skype: Take the idea of the video message one step further and chat in real time with each other. If you don't have access to this feature with a mobile device, Skype may be an alternative



## App for Download - Simply Sayin' - Family Friendly Medical Definitions App

This app helps make visiting the hospital a little easier for children using easy to understand words, pictures, and sounds.

<https://apps.apple.com/us/app/simply-sayin-medical-jargon/id645810680>

The award-winning Simply Sayin'™ app uses pictures, sounds and a family-friendly glossary of terms to facilitate clear conversations between the healthcare provider, child, and family. Used by Child Life Specialists in hospitals around the world, parents can also use this information to promote positive health care experiences for their children before heading to see the doctor.

## SIBLING SUPPORT CENTRE - CONTACT INFORMATION

Want to book a time with us here in the Centre? Please go to our Jane.app booking site: <https://siblingcentre.janeapp.com/>

Phone: 604-875-3594  
Toll Free: 1-855-875-3594  
Email: [siblingcentre@cw.bc.ca](mailto:siblingcentre@cw.bc.ca)

