



## The Arc of Snohomish

**T** 425-258-2459 **F** 425-252-8232

**info@arcsno.org**



The  
Everett  
Clinic

Foundation  
2001 Hoyt Avenue • Everett, WA 98201

Snohomish  
County  
Human Services  
  
Developmental

*Achieve with us.*

## Sibling Support



**The Arc of Snohomish**  
*Achieve with us*

### What Siblings Would Like Their Parents to Know

#### 1. The Right to One's Own Life.

Regardless of the contributions they may make, the basic right of siblings to their own lives must always be remembered.

#### 2. Acknowledging Siblings' Concerns.

Like parents, brothers and sisters will experience a wide array of emotions. These feelings should be both expected and acknowledged by parents.

#### 3. Expect Typical Behavior From Typically Developing Siblings.

Although difficult for parents to watch, teasing, name-calling, arguing are common among most brothers and sisters -even when one has special needs.

#### 4. The Right to a Safe Environment.

Siblings deserve to have their own personal safety given as much importance as the family member who has special needs.

#### 5. Opportunities to Meet Peers.

**6. Opportunities to Obtain Information.** brothers and sisters have an ever-changing need for information about their sibling's disability, and its treatment and implications.

#### 7 Sibs' Concerns about the Future.

Many brothers and sisters worry about what obligations they will have toward their sibling in the days to come.

**8. Communication.** While good communication between parents and children is always important, it is especially important in families where there is a child who has special needs.

#### 9 One-on-One time with Parents.

#### 10. Celebrate Every Child's Achievements and Milestones.

# Why Support Siblings?

Brothers and sisters will be in the lives of family members with intellectual and developmental disabilities longer than anyone.

They will be there after parents are gone and special education services are a distant memory. If they are provided with support and information, they can help their sibs live dignified lives from childhood to their senior years.



Achieve with us.



**Sibshops** are for **siblings** who have a **brother or sister with an intellectual or developmental disability**. Brothers and sisters experience many joys and challenges when it comes to having a special sib.

**This is an opportunity to connect and meet other siblings** who get it, and feel like they are the **center of attention**.

**The Arc of Snohomish County staff and community volunteers facilitate Sibshops.** These volunteers place importance on improving quality of lives for people with intellectual or developmental disabilities and their

*"I didn't think that I had so much in common with other sibs like me—like getting mad at your sibling, and that other kids are embarrassed sometimes in public and around their friends. I also didn't know that so many kids had siblings with disabilities. Sometimes I thought I was the only one in the world."*



## The Arc has Sibshops for three different age groups

**4-8 year olds**

**8-13 year olds**

**13-17 year olds**

# Adult Sibling

The Arc has started a chapter of the Sibling Leadership Network in Washington State.

In an effort to support adult sibs. There are bi-monthly meet ups in Everett and Seattle

**Connect** with other adult sibs who “get it”

**Learn** about what is happening in WA State

**Exchange** stories and information as we navigate this journey together

**Want more information or have questions on Sibling Support?**

Contact : Megan Edmonds,  
Megane@arcsno.org,  
425-258-2459 x107