

The siblings of children who have frequent or extended medical experiences need support too; they are an important part of the family support system. We believe in supporting the whole family; whether the sibling experiences the medical setting or is cared for at home, ensuring their developmental and psychosocial needs are met, sets them up for mastering their individual experience and can be a positive coping support for the hospitalized child and family.

Developmental Roadblocks for Toddler Siblings

- Continued relationship with parents
- Consistency in daily routine
- Separation from parents
- Limit setting
- Regression to earlier stages in development (i.e. motor, language, toilet)

How to Help

- Parental support
- Maintain home routines
- Encourage age appropriate activities
- Provide consistent caregiver(s)
- Comfort objects when there is caregiver separation
- Provide child with brief explanations of what is going on and reassurance
- Provide one-on-one time with the sibling
- Keep consistent boundaries and limit settings
- Engage child in medical experience
 - Have them facetime or talk to sibling on the phone
 - Choose comfort item to bring to the child in the hospital
 - Color a picture to hang up in hospital room