

SPECIAL SIBS

A sibling relationship is usually the longest lasting relationship in a family. The siblings of someone with a bleeding disorder may share some of the same concerns that parents have – but parents may not address those concerns with sibs.

How Kids Might Feel

- **Guilt** that they don't have hemophilia
- **Anxious** about becoming sick themselves
- **Worries** that they did something to cause a bleed
- **Jealousy** – sometimes wish they had hemophilia so they could get the attention
- **Anger** if asked to assume more chores or responsibility
- **Guilt** when they resent that added responsibility
- **Embarrassed** when people stare at their sib or other kids tease or talk about affected sib
- **Disenfranchised** from the family



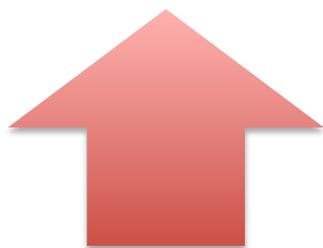
Parent Tips For Acknowledging Jealousy, Resentment & Rebellion

Do not make one child the centerpiece of the family

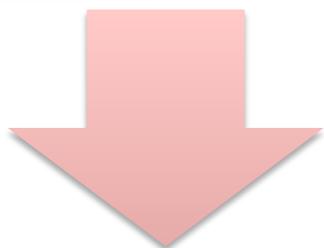
Celebrate each child: Set up a special one-on-one time with each child

Take with your child and use active listening techniques

Advantages & Disadvantages of Having A Sibling with a Bleeding Disorder



Maturity over peers
Development of pro-social behavior (helping others, empathy)
Deep understanding of challenges
Increased tolerance for diversity
Pride over accomplishments
Deep sense of loyalty and caring



Limited parental attention
Stressful home life
Anger or jealousy
Embarrassment
Pressure
Disappointment

Parent Tips for Stopping Sibling Quibbling

Don't get too stressed over fighting. Change your perception and improve your attitude

Don't get pulled into the fight or argument. Give them permission to go "work it out."

Look for teachable moments to explain conflict resolution skills

- Role Playing
- Parables/Stories
- Games
- 7 Positives for Every Negative

What Does the Research Tell Us?

Conducted with 75 siblings, male & female, ages 11-38

- Female sibs had higher total depression, anxiety and stress scores than male sibs.
- Middle sibs in the birth order (whether male or female) had the highest total depression, anxiety and stress scores.
- Carrier sibs tended to have higher anxiety scores than female sibs who were not carriers.
- Male sibs without bleeding disorders believe their quality of life would be better if their sibling did not have a bleeding disorder.
- 40% of the sibs felt the child with the bleeding disorder was treated better than they were.

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