



CHILDREN'S
HOSPITAL OF RICHMOND AT **VCU**

**Siblings: The loved but
often forgotten child**

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Siblings: the loved but often forgotten child



Tribute to Siblings



Emotional responses of siblings



worry



lonely



angry



sad



scared



guilty



confused



embarrassed



jealous

worried



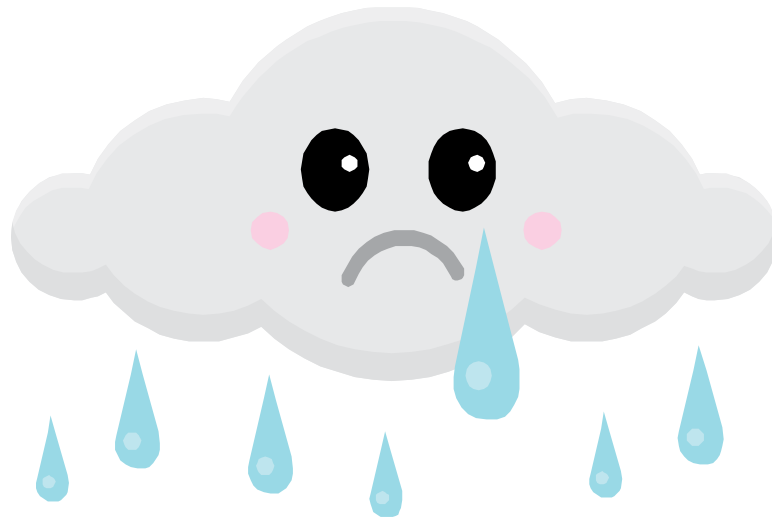
lonely



angry



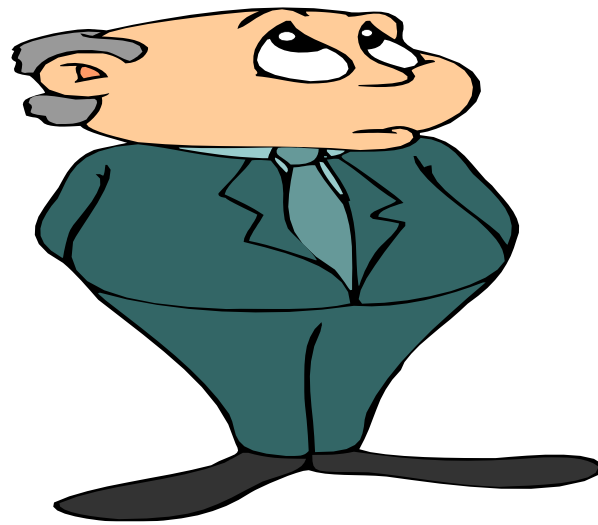
sad



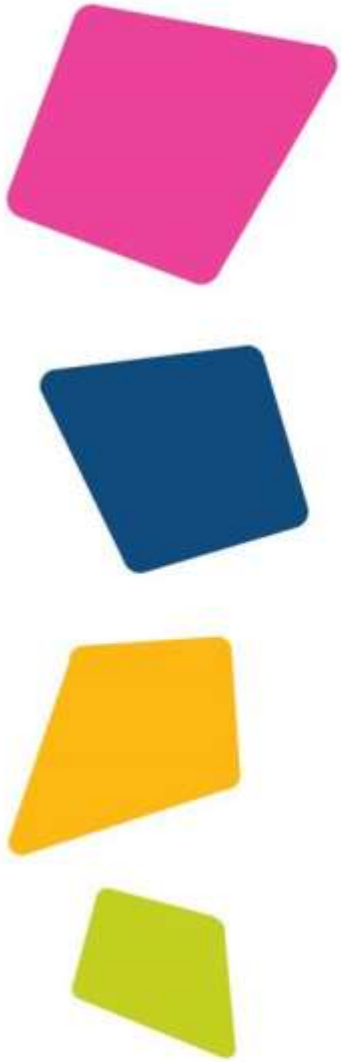
scared



guilty



confused



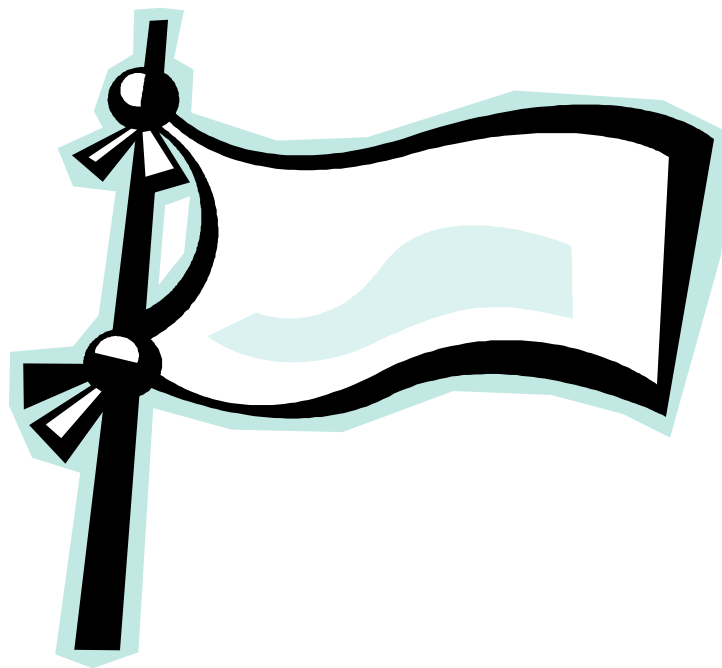
embarrassed



jealous



Sacrifice



siblings: having their say

advice to the parents

- *We know you are burdened and trying to be fair. But try harder.*
- *Give us equal time.*
- *Be tough on disciplining the child with cancer. No free rides.*
- *Put yourself in our shoes once in a while.*
- *If you are away from home a lot, at least call and tell us, "I love you."*
- *Tell us what is going on. Don't just sit us in front of a video (about cancer); talk with us about it.*
- *Keep special time with us like lunch once a week or something. Time for just us. And if you can't be with us, find someone who can.*
- *When you talk to family members, say how everyone is doing-what we are doing is important, too.*
- *Ask how we are feeling. Don't assume you know.*

- www.childhoodcancerguides.org/c-sib-say

Siblings: having their say

advice to other siblings of children with cancer

- *Keep a diary if you don't want to talk to your parents.*
- *Expect to not get as much attention.*
- *Expect that your parents are going to be extra cautious about what your brother/sister does, who he/she hangs out with, etc.*
- *Hang in there. You're all you've got for now.*
- *Don't feel like you have to think about the illness all the time.*
- *Be understanding of your parents and stay involved.*
- *Tell someone how you are feeling-don't bottle it up.*
- *Go to the hospital to visit when you can.*
- *Make as many friends as possible at school.*

- www.childhoodcancerguides.org/c-sib-say



Siblings: having their say

advice to the sibling who is struggling with cancer

- *The world does not revolve around you.*
- *Stop feeling sorry for yourself.*
- *Not everything is related to cancer. Stop using that as an excuse for everything.*
- *I'm jealous of you sometimes, but I'm not mad. I know it sometimes seems like I'm mad, but I'm not.*
- *Don't take advantage of all the extra attention you get.*
- *Tell mom and dad to pay attention to me sometimes, too.*
- *Now that you are feeling better, where's the gratitude for all those chores that I did?*
- *I really admire your strength and courage. I wouldn't have gotten through your illness without you*

- www.childhoodcancerguides.org/c-sib-say

Helping siblings cope

- Make sure that you explain cancer and its treatment to the siblings in terms that they understand.
 - Make sure that all the children clearly understand that cancer is not contagious.
 - Bring home a picture of the brother or sister in the hospital.
 - Help mothers and infant or toddler be able to spend some alone time
 - Try to spend time alone with each sibling.
 - Talk about the well siblings.
 - Share your feelings about the illness and its impact on the family.
 - Include siblings in decision making on matters
 - Allow siblings to be involved in the medical aspects of their sister or brother's illness.
 - Give lots of hugs and kisses.
 - Be sure to alert teachers of siblings about the tremendous stress at home.
 - Expect your other children to have some behavior problems as part of living with cancer in the family.
 - Provide gifts and tokens of appreciation to the siblings for helping out during hard times, and encourage your sick child to share.
 - Encourage a close relationship between an adult relative or neighbor and your other children.
 - Take advantage of any workshops, support groups, or camps for siblings.
- Modified from www.onconurse.com "siblings of children with cancer".

resources



Sibling day



Sibling inclusion

SMILE buddies

BRASS Camp



Supersibs

www.supersibs.org



Back2Class

www.back2class.com

Everyone Suffers



Thank you

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