

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 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.

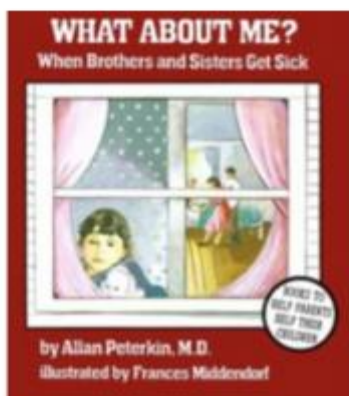
<https://forms.gle/UH8YeW17EFY13ZkW9>



Sibling Books

Borrow these items and more from the FSRC. Email: fsrc@cw.bc.ca, or visit

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



What about me? When Brothers and sisters get sick^[1]
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, 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 is an initiative that partners with communities across British Columbia to promote healthy behaviours among children. The evidence-based Live 5-2-1-0 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 our 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 and events, and 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 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

Sibling Support Project- Sibshop work spans books and publications, online communities for teen and adult siblings, and workshops and training. They are best known for helping local communities start Sibshops—lively peer support groups for school-age brothers and sisters of kids with disabilities and health concerns. <https://siblingsupport.org/>

Kids in Control and Teens in Control are free education and support programs created and offered by BC Schizophrenia Society. 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.bcss.org/kidsincontrol/>

Triple P - Positive Parenting Program Locator- Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you: <https://www.triplep-parenting.ca/can-en/find-help/find-a-provider/>

Young Caregivers - We're 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/>

Family Support Institute of BC - The Family Support Institute of BC (FSI) is a provincial not for profit society committed to supporting families who have a family member with a disability. FSI is unique in Canada and the only grass roots family-to-family organization with a broad volunteer base. FSI's supports and services are FREE to any family. <https://familysupportbc.com/>

Sibling Support Groups - For siblings of children with a disability or chronic illness. A unique series of family enhancement workshops facilitated by professional counselors and Behaviour Consultants. Through FUN and INTERACTIVE content we provide information and support to siblings and parents of children who have a disability and/or chronic illness...helping families become stronger and more resilient. <http://www.siblingsupportgroups.ca/>

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/>



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>

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

