



Do you want to know how to better support the siblings of your child with a disability?

Those brothers and sisters may be the most important people in the life of your child with disability as they age, and building their resilience and relationships in a healthy way is so important to all families.

Families with a child with disability may need extra support and Siblings Australia is offering private parent consultations with the Director/Founder, Kate Strohm.

These informative and supportive sessions will help you to better understand the experience of siblings and give you some tools to support them. Each session will be tailored to your individual needs.

## Siblings Australia

Siblings Australia is the only organisation in Australia committed solely to addressing the unique concerns of brothers and sisters of people with special needs. The focus is on strengthening families, through provision of services and resources for families and service providers.

Kate Strohm has 19 years' experience working in this field. Since establishing Siblings Australia in 1999 she has developed a national and international reputation for her work with siblings, families and professionals. She is also the author of *Siblings; Brothers and Sisters of Children with Disability* (2014, revised edition) and holds post-graduate qualifications in health education and counselling.

## Session Content

Prior to the session, you will be asked to complete a simple form with information about your family and any concerns you may have.

The session will include discussion on what signs might indicate stress in your child(ren). It will also discuss how you can help your child(ren) to:

- understand the disability
- express their concerns
- feel competent and valued
- not take on too much responsibility
- develop strategies to deal with difficult situations
- access more social support
- develop independence
- + other concerns you may have

*Kate brings a special understanding to her work with families - parent*

## Session format

Sessions will be one hour long. Another session may be booked to enable follow up after a month, but this is not essential.

The session location will be negotiable, depending on where you live. Alternatively, phone or Skype sessions can be arranged.

Siblings Australia is a registered provider with the NDIS, in the *Development of Daily Living and Life Skills* Cluster. For further information, including costs, please email or phone Kate via the contacts below.