

Sibling Tipsheet: Tips for In-patient Siblings



Email: Resourcecentre@hollandbloorview.ca

Section 1: Tips for In-patient Siblings

Tips

- As a sibling, you are/can be an important part of your sibling's care and your contributions matter!
- This can be a confusing and difficult time for yourself and your family, but you are doing the best you can! Remember to take breaks. See below for a list of fun activities you can do in the hospital (some may require adult supervision).
- Being in the hospital can feel lonely. To make it more enjoyable, try to think of fun activities you can do with your sibling and family such as: board games, movies, or going for walks.
- Talking to friends, join a support group, or reach out to other siblings. The Sibling Support Program at Holland Bloorview (listed down below) can connect you to other siblings.
- Its easy to forget about your own health when you are worrying about your sibling. Make sure you-re eating well, resting, getting enough sleep and taking care of your mental-health.
- Help your sibling decorate their room with pictures, posters, and arts & crafts.
- Talk to your sibling about their progress. Even on difficult days, they are being a super patient!
- Write down something you accomplished or are proud of yourself for today
- Sometimes you might feel overwhelmed; it's always good to talk to someone about how you feel (your other siblings or your parents). It's normal to feel a range of emotions. Remember, it's okay to not be perfect.
- Talk to your parents about any activities that you would like to do or feelings you are having. They are there to support you and your sibling.

Section 2: Fun activities to do in the hospital

Computers

- A computer in the 3rd floor Family Lounge is available 24 hours daily.
- Computers in the Family Resource Centre are available Monday to Friday between 9:00AM to 5:00PM.

WI-FI

- The Wi-Fi Network is: HBguest and the password is: hollandbloorview

Holland Bloorview Sibling Support Group

- The Sibling Support Program gives siblings the opportunity to relax, unwind, and meet peers who might share lived experiences. It provides a safe space to talk about what it's like to be a sibling of someone with a disability.
- Eligibility: For anyone aged 7-18, who has a sibling with a disability, diagnosis or medical complexity.
- Register by following the QR code and filling out the Redcap form or contact siblingsupport@hollandbloorview.ca for more information



SibKits

- The SibKit is a booklet filled with interactive tools and tips for siblings of kids with disabilities, medical complexities or diagnoses.
- These tools and tips can support you to:
 - Understand your sibling's diagnosis
 - Feel more included in your sibling's journey
 - Work through feelings you might experience
 - Learn about who will help support your family
- You can get a physical copy of this book in the Resource Centre



ScreenPlay 2.0

- Visit the interactive electronic technology on the 2nd floor (waiting area)
- Roll or step on the carpeted sensors on the floor to change the pictures on the screen →

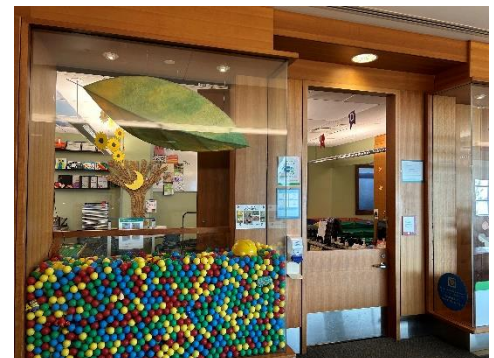


Bootle Blast

- Bootle Blast is a video game for home practice of motor skills. This game tracks movements and manipulation of real-life objects.
 - A demo of this game is available in the Family Resource Centre and is available to clients and siblings.
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The Ronald McDonald Playroom

- The Ronald McDonald Playroom is a drop-in space that gives children the chance to relax and unwind. This service is open to siblings of in-patient clients.
- Open Monday to Friday from 8:15am-5:00pm, room 1E130 →



The Teen Lounge

- The Teen Lounge is a space for teens to hang out and connect to other teens
- Located across the BIRT cafeteria.
- Open Monday to Thursday between 11:30am-1:00pm and in the evening from 4:00pm-9:30pm.
- Some activities available are the PlayStation 4 and 5, Nintendo Switch, puzzles, Netflix, movies, boardgames, and much more.
- Teens can also connect to a Lived Experience mentor. →



iPad Loan

- inpatients and/or their sibling can connect with a Lived Experience Mentor in the Teen Lounge to borrow an iPad.
- Parent/guardian permission required

Section 3: Resources for Siblings

Upopolis Sibling Island

- Upopolis Sibling Island is a private online group specifically created for youth aged 10 – 18 who have a sibling with a chronic or critical illness, medical condition, or disability.
- The Island is monitored led by a Certified Child Life Specialist who monitors it daily, and provides ongoing psychosocial support, education, and engagement opportunities to the healthy siblings.
- The Sibling Island provides a space for youth to openly express themselves, as well as meet and connect with a community of other siblings who are facing similar life situations.



Young Carers program (YCP)

- Young Carers are kids under the age of 18, who are in a care-giving role for a parent, grandparent, sibling or relative with a chronic or life-threatening illness, disability, addiction, mental illness, or language barrier.
- YCP aims to provide therapeutic and recreational programming to help children and youth with care-giving responsibilities cope and interact with other young folks that have similar experiences.



Sesame Street Sibling Guide

- These four printable pages will help siblings explore their thoughts and feelings— and help encourage conversation about them



Kare Magazine

- This magazine, available in English and French, includes information and stories about what being a young carer is like, emotional regulation and self-care strategies, tips for balancing school and caregiving, media recommendations, and where to find help.



Sibling Canada

- Siblings Canada, an initiative of Canadian Centre for Caregiver Excellence, raises awareness of the critical role siblings play in creating robust and responsive systems of care for people with disabilities.



Young Carers Project

- The mission of the Young Carers Project is to educate the community about the existence and needs of young carers and motivate the community to action.
- Supports include finding out if you are a young carer, ways to support a young carer, personal stories, guides and documentary, and other resources.



Community Living Toronto Sibshops

- Sibshops provide opportunities for siblings of children with special needs to obtain peer-to-peer support and education in an informal fun setting.
- Sibling workshops are for children ages 8 to 12 with mentoring opportunities for older siblings, ages 14 to 16.
- Workshops engage siblings in fun themed activities while addressing the unique issues having siblings with special needs at home, school and during extra-curricular activities.
- For more information about Sibshops, please contact Wendy Dyke at 647-729-3627 or Cate Whiteley at 647-729-3635.

