### Does your child have a brother or sister who is disabled or has special educational needs or a serious long-term condition?

Dear parent,

Sometimes siblings of children who are disabled or have special educational needs find it hard to concentrate in school or to get their homework done. They might worry about their brother or sister or have to look after them a lot. They might have their sleep disrupted or they might find it hard to cope with their brother or sister getting more attention.

We want to support siblings with their learning and wellbeing so we are introducing Sibs Talk, a one to one intervention developed by Sibs, the UK charity for brothers and sisters of disabled children and adults.

The aims of Sibs Talk are to help the siblings:

* realise that they are not the only one in their situation
* share their experiences of family life with an independent adult – both the good things and the difficult things
* understand their brother or sister’s disability, condition or special educational needs better
* learn ways of coping with difficult situations or feelings
* tell us how we can support them better at school.

In order to invite siblings to do Sibs Talk, we need to know which of our pupils are siblings of children who are disabled or have special educational needs.

As well as Sibs Talk in school, information and support is available for parents and siblings on sibling issues from the UK charity Sibs [www.sibs.org.uk](http://www.sibs.org.uk).

Their support service for siblings under 18 is called YoungSibs [www.youngsibs.org.uk](http://www.youngsibs.org.uk). It has lots of information about sibling issues, a safe moderated chat area, and their staff respond personally to siblings’ questions.

Please complete the form below and return to (name)

------------------------------------------------------------------------------------------

Name of child……………………………………………………………DOB………………………………………..

My child has a brother/sister who is disabled or has special educational needs or a serious long-term condition yes/ no

I would like more information about Sibs Talk yes/no

Signed……………………………………………………. Name……………………………………………………