



Positive Autism Support and Training

Helping to put problems with Autism in the PAST

# ADHD and Sibling Rivalry

By Laura Kerbey

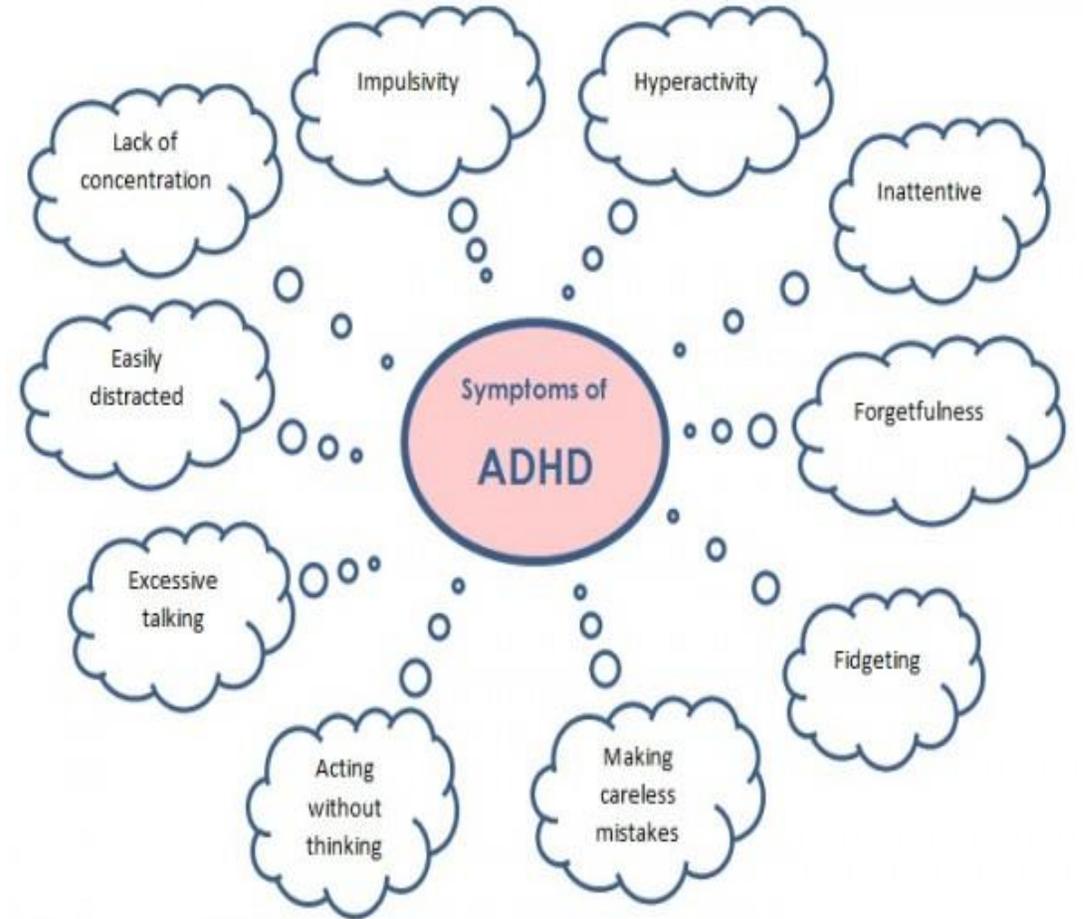


# What we are talking about today:

- The impact of ADHD on siblings
- Coping with behaviour that challenges the family
- Building Resilience
- Where to find support

# The Impact of ADHD on Siblings

- ADHD has a significant impact on the siblings of children who have the condition. One study found that 10 of the 13 siblings (brothers and sisters) interviewed thought they were “severely and negatively” affected by living with a sibling who had ADHD. ([www.vmc.com](http://www.vmc.com))



# The Impact of ADHD on Siblings:

Siblings impacted by behaviour such as:

- Physical and verbal aggression,
- Out-of-control hyperactivity,
- Emotional and social immaturity,
- Academic underachievement and learning problems,
- Family conflicts,
- Poor peer relationships
- Difficult relationships with extended family.

# Further impact of ADHD on siblings

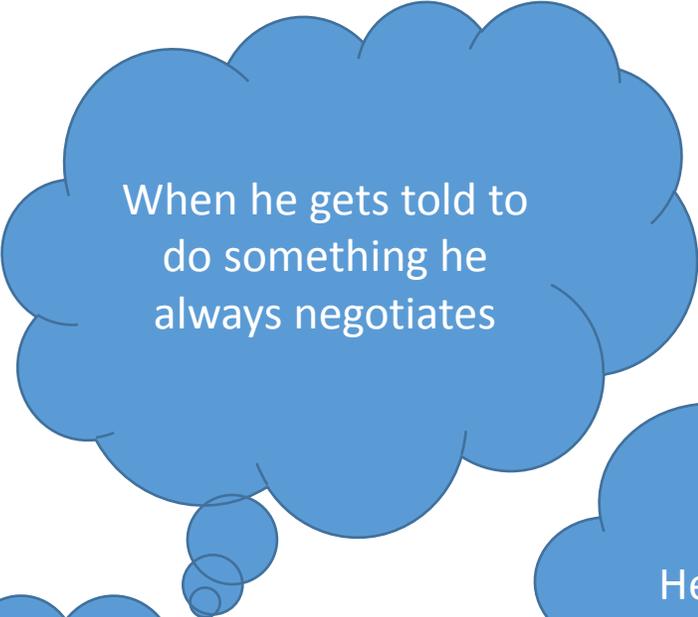
- Siblings described their family life as “chaotic”, “exhausting”, and “focused on their sibling”.
- Siblings described “never knowing what to expect next” and that they did not expect an end point to the impact of ADHD on their lives.
- Siblings of children with ADHD experienced the disruptive effects of the condition in three ways: victimisation, caretaking and feelings of sorrow and loss.
- Siblings reported feeling victimised through physical violence, verbal aggression and manipulative and controlling behaviour.
- Many siblings felt unprotected by their parents who were perceived as too exhausted or overwhelmed to intervene.

**So - THIS SOUNDS FAMILIAR TO YOU – YOU ARE NOT ALONE!**

# What it feels like to have a brother with ADHD



He goes so over the top!



When he gets told to do something he always negotiates



He's embarrassing sometimes!

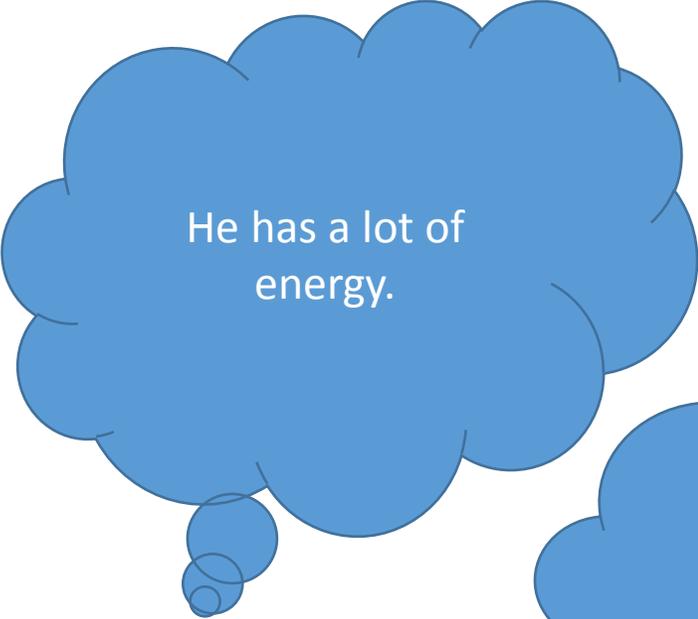


He doesn't go to bed!

# What it feels like to have a brother with ADHD

A blue, cloud-like thought bubble with a small tail of three smaller circles at the bottom left.

He is loyal and looks after me.

A blue, cloud-like thought bubble with a small tail of three smaller circles at the bottom left.

He has a lot of energy.

A blue, cloud-like thought bubble with a small tail of three smaller circles at the bottom left.

He is very funny!

# Supporting Siblings:

- Where possible teach about ADHD. *“Can I tell you about ADHD by Susan Yarney”* is a great book for children to read as is *“Dogs have ADHD.”*
- Talk about famous people with ADHD.
- Make sure that siblings also understand that ADHD is not a choice and is a condition. Use an Iceberg diagram to explain behaviour and triggers.
- Teach siblings some basic strategies like giving their siblings space, explaining their feelings etc. Role play doing this.
- Praise and recognise the efforts siblings go to.
- Catch your children being good.

# Supporting Siblings:

- Use empathy not sympathy to support siblings.
- Encourage activities that can be done together.
- Always use reward systems for all children
- Use a Family Reward Jar
- Make sure siblings get time with you on your own – even if it is just time to talk.
- Love bomb!

# Coping with behaviour that challenges the family:

- Always think of meltdowns as **PANIC ATTACKS**. This will make you far more sympathetic and more likely to look for solutions.
- You don't have to do everything as a family unit all the time.
- Pick your battles! Don't make promises you can't keep or threats you won't carry out.
- Flexible boundaries, structure and routine can help manage anxiety.
- Consider why the behaviour is challenging you.
- Take time out to manage your own stress and anxieties.
- Remember you are a role model to your children.
- Have an exit strategy – for both the child with ADHD and their siblings.
- Use scaling systems to help understand and express emotions.

# Remember the Anxiety / Sensory Bucket Analogy:



And the Boiled Kettle Analogy Too!



# What is Resilience?



# Top Ten Tips

1. Plan ahead for trips etc.
2. Remember you know your family better than anyone else.
3. Be confident in your abilities - you are doing a brilliant job!
4. You can only do your best and your best will always be good enough.
5. You will have good days and bad days. Take each day as it comes.
6. Focus on what went well and view mistakes as learning opportunities.
7. Pick your battles.
8. Facts are worth more than opinions.
9. Trust your instincts.
10. Remember - it will be alright in the end and if its not alright its not the end!

# Where to find support:

- Find local support groups.
- The Local Offer in your area.
- Facebook groups.
- SEND Bloggers.
- YouTube has some brilliant videos on ADHD that siblings can watch.
- Other parents.

Thank you for listening

Any questions?

[www.positiveautismsupportandtraining.co.uk](http://www.positiveautismsupportandtraining.co.uk)



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