My Sibling Feelings Map

My brother or sister has health needs. My feelings matter too.

Name: _____ **Date:** _____

1 How I feel right now

Tick all that fit. Two feelings can be true at once

- [ ] Worried
- [ ] Jealous
- [ ] Proud
- [ ] Angry
- [ ] Sad
- [ ] Lonely
- [ ] Okay
- [ ] Not sure

2 Things on my mind

Tick the ones I want to talk about

- [ ] Is it my fault?
- [ ] Can I catch it?
- [ ] Missing my parents
- [ ] Changed plans
- [ ] Hospital visits
- [ ] What to tell friends
- [ ] My own activities
- [ ] What happens next

3 My questions

Write or tell a grown up who can write it for me

What I know about it: _____

Something I wonder: _____

A question for my parent: _____

A question for the doctor: _____

4 Me, not just the sibling

Draw me doing something I love or I am good at

This is me:

Original layout by Lotus & Tulip. A support tool, not a test, a diagnosis or therapy. All feelings are okay.

My Sibling Support Plan

What helps me, my special time and staying close to my family.

Name: _____ **Date:** _____

1 Things that help me

Pick 2 or 3 and share them with my grown up

- ☐ Special time
- ☐ Honest answers
- ☐ My own activities
- ☐ A calm down spot
- ☐ Meeting other sibs
- ☐ Calls or visits
- ☐ Saying how I feel
- ☐ Time with friends

2 My special time plan

Short and kept is better than long and canceled

Who I spend it with: _____

When (day and time): _____

What I want to do: _____

How I stay close to my sibling: _____

3 My weekly check in

Color a box each week

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Time with my grown up	☐	☐	☐	☐	☐	☐	☐
Something just for me	☐	☐	☐	☐	☐	☐	☐
I said how I feel	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Honest, simple and often

Give honest, age right facts. Say it is not their fault and, for cancer and many conditions, they cannot catch it.

Keep one on one time and their own activities. Limit caregiving jobs. Jealousy and anger are normal, not selfish.

Watch for worry, withdrawal, anger, falling grades or pushing too hard. Ask the pediatrician about support.

Crisis: call or text 988. Danger: 911.

Adult notes: what my child said, questions for the care team, what to share with the school

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