

HINTS FOR SUPPORTING YOUR LIVER KID'S SIBLINGS



BE HONEST

Be honest with your child about what is happening. Don't try and hide the seriousness of their brother or sister's illness, but....



MANAGE INFORMATION

Don't tell them more than they can handle. Allow them to ask questions, give clear and brief answers, and take your cue from them as to how much more they want to know.



PARTICIPATION

Allow them to participate in their brother or sister's care if they want to, in an age appropriate way.



ONE ON ONE TIME

Make time to hang out with them one on one. They need to feel special too, even it is just taking 10 minutes together.



ROUTINE

Try and keep the sibling's routine going as much as possible, so that they feel safe and secure.



EMOTIONS

Acknowledge, and respond to, their emotions.



SEEK HELP

Use the resources of the healthcare team if you think your liver sibling is not coping emotionally.