

Sibling Perspective

We asked one of our young people to give us their perspective on having an autistic sibling.

These are her thoughts and ideas.



"I try to recognise when my brother is starting to feel stressed and help him the best I can."

"I love how my brother is not afraid to be himself in public."

"I try to understand what I can about autism. It can be very confusing at first, but this can really help."

"I try to work out what upsets my brother. My brother is bothered by squeaky chairs, so I am extra careful when I move my chair."

"My brother often needs quiet time. I try not to disturb him during this time."

"My happiest time with my brother is when we are both at the beach."

