



AUTISTIC CHILDREN AND THEIR SIBLINGS

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ABSTRACT

Having an autistic brother or sister can pose challenges, but it can also make children patient, empathetic and resilient.

Being the sibling of an autistic child can be both enriching and challenging.

Siblings of Children with autism tend to struggle with anxiety, depression and social difficulties.

KEYWORDS : Autism, Siblings, Emotion, Homeopathy

Siblings experience a range of emotions like fear, anger, jealousy, insecurity about the future life of both, embarrassment and even guilt for being different from their special needs sibling.

Observing the extra care and attention needs by the special child in the family, the siblings may neglect their own issues.

Time, money, and a great deal of emotional energy spent for a special child limits the parent's ability to spend the same with autistic Sibling.

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For some siblings, life with an autistic brother or sister can be overwhelmingly difficult. For others, it has its ups and downs. There are even some children who see their sibling's autism as a plus rather than a minus.

Often the autistic siblings try to suppress issues as they feel it will be an added load to their already overburdened Parents.

However, the siblings often develop certain positive characteristics such as self-control, Co-operation, empathy, tolerance, altruism, maturity and responsibility.

Parents should consciously make an effort to have a good communication time with autistic siblings.

Spending more time talking to them just about themselves and their feelings.

Make them understand that they are entitled to have their life being themselves.

It also helps parents develop self-care skills. Developing hobbies or having some career plans as much as possible without feeling guilt.

This not only helps parents to rejuvenate but makes autistic siblings to do the same.

It is evident that siblings have the same emotional challenges as parents in addition to their own growing up issues that are unique to each one of them.

As a Homoeopath we can support the entire family and the vulnerable siblings too in a better way.

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