



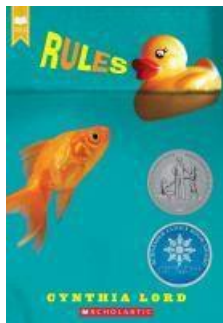
Where are you on your journey? Resources for Siblings of an Autistic Individual

FOR CHILDREN

Autism, My Sibling, and Me (*workbook for children ages 5 – 10*) – Published by the Organization for Autism Research. You can download the workbook or order a paperback copy free-of-charge by completing a form on OAR’s website.

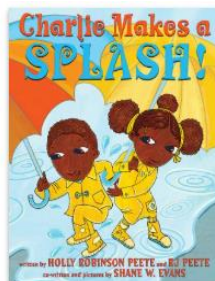
<https://researchautism.org/families/sibling-support>

BOOKS AVAILABLE AT THE OCEAN COUNTY LIBRARY



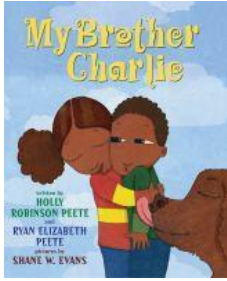
Rules by Cynthia Lord. 2008. J Lord.

Catherine, a 12-year-old girl, loves her autistic brother David. But she often feels that her parents, focused on special care for David, forget that she exists, too.



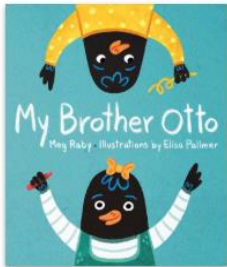
Charlie Makes a Splash! by Holly Robinson Peete. 2022. E Peet.

Charlie, a boy with autism, describes what his life is like with his twin sister Callie, who does not have autism, and explains how water--whether in a pool, a tub, or in the aquarium--is like a warm hug, which settles him down and calms his mind, allowing him to focus and cope.



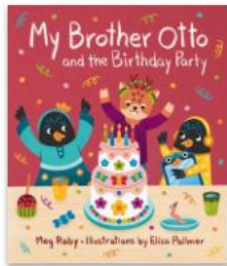
My Brother Charlie by *Holly Robinson Peete*. 2010. E Peet.

A girl tells what it's like living with her twin brother who has autism. Includes author's note about autism.



My Brother Otto by *Meg Raby*. 2019. E Raby.

This engaging picture book shows everyday life with little crow siblings when one of them is on the autism spectrum. *My Brother Otto* is a child-friendly, endearing, and fun picture book for children about the love, acceptance, and understanding a sister, Piper, has for her little brother Otto, who is on the autism spectrum.



My Brother Otto and the Birthday Party by *Meg Raby*. 2022. E Raby.

Piper and her little brother Otto, who is on the autism spectrum, are excited to attend a birthday party for their friend Ruthie. In kid-friendly language, Piper explains the accommodations Otto and Ruthie, who is also autistic, need in order to feel safe and secure in a stimulating new environment, such as wearing headphones to keep distracting noises

muffled.

FOR TEENS

Life as an Autism Sibling: A Guide for Teens – Published by the Organization for Autism Research. You can download the guide or order a paperback copy free-of-charge by completing a form on OAR's website.

<https://researchautism.org/families/sibling-support>.

SibTeen (*Facebook Group*)

Support Our Siblings – Developed and led by teenage siblings of children with disabilities. This organization not only offers support and meet-ups, but also advocates for the disabled. Based in New Jersey. <https://www.supportoursiblings.org/>

FOR ADULTS

Sibling Leadership Network (*organization*) – Has a podcast, videos of siblings' stories, and resources for siblings of all ages. <https://siblingleadership.org>

Siblings with a Mission (*organization*) – Contains online stories of siblings' experiences, a web and video chat forum where siblings can connect with others who share their experiences, and sibling workshops and family conferences.
www.siblingswithamission.org

FACEBOOK GROUPS

Sib20

SibNet on Facebook

SIBS NJ