

# Sibling Support

A child's cancer diagnosis and treatment affects the whole family. During this time, siblings may benefit from additional support.

Sibling Adjustment Concerns: When siblings experience difficulty adjusting to and coping with the impact of cancer on the family, they may exhibit the following signs:

- Acting out
- Increased dependency on parents
- Changes in behavior toward sibling with cancer (more argumentative or more protective)
- Difficulty sleeping
- Difficulty with peer relationships
- Withdrawn or irritable mood
- Inattentiveness
- Declining performance in school

Types of Support: Varying levels and degrees of support are available for siblings. Examples include:

- School adjustment counselors
  - Your psychosocial provider can provide consultation to school counselors to facilitate increased individual support.
- The Sibling Program through Jimmy Fund Clinic
  - Group and individual resources available for school-aged and teen-aged siblings of JFC patients.
  - <https://www.dana-farber.org/for-patients-and-families/care-and-treatment/support-services-and-amenities/sibling-program/>
  - Contact at 617-632-5359; [SiblingProgram@dfci.harvard.edu](mailto:SiblingProgram@dfci.harvard.edu)
- Community Mental Health Providers
  - Contact your child's primary care physician, insurance company customer service, or search the "Find A Therapist" section on [www.psychologytoday.com](http://www.psychologytoday.com) to locate a provider.