

Supporting siblings of children with a vision impairment

This is a document to help answer any questions that siblings of a child with a vision impairment may have and develop their confidence to advocate for their needs.

It is very common for siblings of a child with a vision impairment to feel different emotions at different stages. They may feel upset, confused, guilty, or embarrassed. It is important, wherever possible, to ensure that your child feels able and happy to speak openly with a trusted adult about their feelings. This could involve speaking to the school in case any extra help is needed and to support their wellbeing in school. For example, if the child with vision impairment experiences a change in their condition, their siblings might have questions about the affect this will have.

What you can do as a parent:

- Talk openly about their sibling's vision impairment from an early age
- Some children with a vision impairment may undergo genetic tests. This may involve the whole family so it is important to explain what is happening and why
- Finding accessible activities for the whole family, to encourage play between siblings and to strengthen their bond
- Encourage siblings to develop their own interests such as extra curricular activities, seeing friends and any hobbies

Our Family Support Officers are available to suggest and talk through other strategies which may be of help.

Sensory & Communication Support Service in partnership with:

Please take a look at the links provided below for further support, information and guidance:

Contact:

contact.org.uk/advice-and-support/your-child-your-family/supporting-siblings

Sibs:

www.sibs.org.uk

www.youngsibs.org.uk

Genetic Alliance UK:

Genetic Alliance UK

For further support contact:

Tel: 0800 781 1444

Email: children@guidedogs.org.uk

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