



CELEBRATE 3.21 • FOR FAMILIES

Sibling Kit

Celebrating brothers & sisters



For brothers and sisters of people with Down syndrome, and the parents who love them. It includes tips for parents, a “My Sibling Is Awesome” page, a sibling story comic, conversation cards, and a Super Sib certificate.

WHAT'S INSIDE

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FOR PARENTS

Celebrating siblings, too

Brothers and sisters of people with Down syndrome are often a child's first friend, biggest fan, and fiercest defender. 3.21 is a great time to celebrate them, too.

SIBLINGS MAY FEEL...

- Proud and protective
- Curious, with lots of questions
- Sometimes left out when a sibling needs more time
- Unsure what to say to friends
- All of these at once, and that's normal

WAYS TO SUPPORT THEM

- Plan one-on-one time during 3.21 Week
- Let them help plan the family celebration
- Answer questions honestly and simply
- Tell them it's OK to have mixed feelings
- Connect with other sibling families (DSACO and national groups offer sibling programs)

SAY IT SIMPLY

"Your brother has Down syndrome. That means he has an extra chromosome, a tiny part in his body. It can make some things take longer for him. But he's still your brother who loves [dinosaurs], and you two are a great team."

FOR SIBLINGS OF ALL AGES

- **Little kids:** the activity pages in this kit
- **Big kids:** the conversation cards
- **Teens:** invite them to lead a school or youth-group 3.21 moment

ALSO IN THIS KIT

- ☐ "My Sibling Is Awesome" page
- ☐ Our Sibling Story comic
- ☐ 8 conversation cards
- ☐ Super Sib certificate

My sibling is awesome!

This is my sibling

DRAW OR ADD A PHOTO

Name: _____

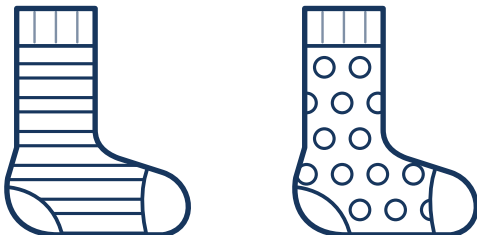
My sibling is really good at

We love to

My sibling makes me laugh when

One thing I want everyone to know

Our socks together



Drawn by: _____

Age: _____

CELEBRATE 3.21

PRINTABLE

Our sibling story (comic)

Draw a real or made-up adventure you and your sibling go on together. Add speech bubbles!



1	2
3	4
5	6

Title of our story: _____

PRINTABLE

Sibling conversation cards

Cut apart. Pull one out at dinner, in the car, or at bedtime. There are no wrong answers.



SIBLING CARD 1

What's the funniest thing your sibling has ever done?

SIBLING CARD 2

What do you love doing together?

SIBLING CARD 3

What's something your sibling is really good at?

SIBLING CARD 4

Is there anything that's hard sometimes? (That's OK!)

SIBLING CARD 5

What do you wish your friends knew about your sibling?

SIBLING CARD 6

How do you help each other?

SIBLING CARD 7

What would you do together if you had a whole day?

SIBLING CARD 8

What makes your family special?



THIS CERTIFIES THAT

Super Sib!

is an amazing brother or sister: a best friend, a helper, a teammate, and a star. Thank you for making our family awesome!

With love from

Date

Happy World Down Syndrome Day!