

the SIBLING SUPPORT GROUP

The program serves 18 children. 13 are at Jewish Family Services MetroWest and 5 are at Jewish Family Services of Central NJ. At the conclusion of the program in June, both children and parents were asked about their experience in the program.



1 BUILDING SELF ESTEEM

Most children reported feeling good about themselves. Parents' perceptions of their child's self-esteem are consistent with their child's response.

▲ 10/13 children report feeling "good about myself"

▲ 8/10 parents agree or strongly agree their child has a high self-esteem

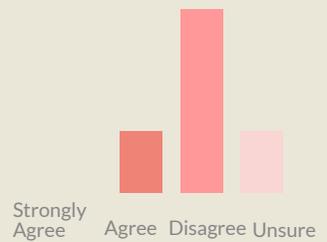
NAVIGATING CHALLENGING SITUATIONS 2



Most children are confident in their ability to problem solve in a challenging situation.

Very confident Somewhat confident I have a hard time

Parents' are less likely to agree their children are confident in their ability to problem solve.



3 COMMUNICATING & IDENTIFYING FEELINGS



■ Sometimes (70%) ■ Always (30%)

Most children reported "sometimes" being able to clearly tell others what they are experiencing and being able to identify feelings others are experiencing. Most parents "agree" their children can do this as opposed to "strongly agree" or "disagree"

92% of children can identify resources that can help them. 4



My family/trusted adults



My friends

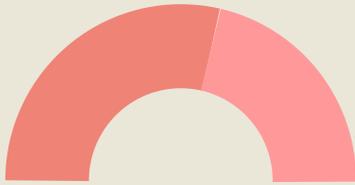


My dog

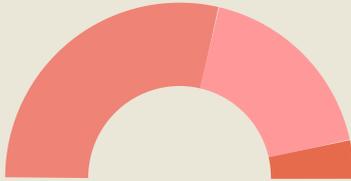
"She feels good to know each kid has a story as unique as hers."

- Parent of child in Sibling Support Group

5 NORMALIZING EXPERIENCES



Are you learning from others in the group?



Do you feel others in the group understand you?

7 PARENTS WANT

- Tools for children on what, or how, to say certain things during an argument with their special needs siblings
- More parent involvement/support regarding group content
- Changing meditation at end of group
- Meeting 2x per month

8 CHILDREN WANT

- More games, debates,
- Talk about funny stuff too
- To share rage more
- To talk more about coping methods
- No more surveys!

"I'm just glad there are people who are like me."

- Child in Sibling Support Group



SIBLINGS ARGUE

Both parents and siblings reported more arguing than they'd like among siblings.

6

"This is the first group that she has actively been engaged with and wants to attend"

- Parent of child in Sibling Support Group

100% of parents would recommend.

On average, children and parents give the program 4.7 out of 5 stars.

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