



Supporting the Sibling Relationship

During this unprecedented time, siblings that have been separated are likely even more isolated than they were before. The potential consequences may include increased anxiety, unwillingness to follow rules, increased mood changes and overall insecurity about when they will next have contact with each other.

We want to offer some simple ways to keep siblings in touch while maintaining safe & healthy behavior during this Covid19 period of time.

1. The best option for contact is Skype, Zoom, Facetime, etc. *We have a Zoom account that we will gladly make available if needed.*
2. Activities during virtual calls: Reading to each other; scavenger hunts-siblings can create a scavenger hunt list, go find the items and share pictures or show each other all the items they found; art projects-painting, drawing and coloring together are fun and easy ways to keep the kids connected. Truthfully, it can be any type of activity. It's less about the activity and more about keeping siblings connected.
3. If possible, allow mail to be sent between siblings. Drawings, poems, pictures, letters are all fun ways to send personal messages to each other. *Please make sure it's ok to send mail from one home to another before sending anything.*
4. If one or more of the siblings will be celebrating a birthday, try to schedule at least a phone call to allow birthday wishes to be shared. If at all possible, allow siblings to send birthday cards. *Missing birthdays is often one of the hardest events to miss for siblings.*
5. If approved and age appropriate, allow siblings to have unsupervised contact with each other via phone or virtual sites listed above.
6. *As soon as we are given the all clear, plan a sibling outing as soon as possible! We will have a sibling connecting event as soon as we can after the shelter in place order is lifted.*

Please know that Elevating Connections is here to support the sibling relationship now and in the future. If you have any obstacles to providing sibling contact during this time or beyond, please reach out to us! We have trained volunteers ready to provide virtual sibling visits if there any barriers among care providers during this time. We are here to support both the siblings and care providers, so do not hesitate to reach out.

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