A sibling relationship is usually the longest lasting relationship in a family. The siblings of someone with a bleeding disorder may share some of the same concerns that parents have – but parents may not address those concerns with sibs.

### How Kids Might Feel

- **Guilt** that they don’t have hemophilia
- **Anxious** about becoming sick themselves
- **Worries** that they did something to cause a bleed
- **Jealousy** – sometimes wish they had hemophilia so they could get the attention
- **Anger** if asked to assume more chores or responsibility
- **Guilt** when they resent that added responsibility
- **Embarrassed** when people stare at their sib or other kids tease or talk about affected sib
- **Disenfranchised** from the family

### Parent Tips For Acknowledging Jealousy, Resentment & Rebellion

- Do not make one child the centerpiece of the family
- Celebrate each child: Set up a special one-on-one time with each child
- Take with your child and use active listening techniques
Advantages & Disadvantages of Having A Sibling with a Bleeding Disorder

- Maturity over peers
- Development of pro-social behavior (helping others, empathy)
- Deep understanding of challenges
- Increased tolerance for diversity
- Pride over accomplishments
- Deep sense of loyalty and caring

- Limited parental attention
- Stressful home life
- Anger or jealousy
- Embarrassment
- Pressure
- Disappointment

Parent Tips for Stopping Sibling Quibbling

- Don’t get too stressed over fighting. Change your perception and improve your attitude
- Don’t get pulled into the fight or argument. Give them permission to go "work it out."

Look for teachable moments to explain conflict resolution skills

- Role Playing
- Parables/Stories
- Games
- 7 Positives for Every Negative

What Does the Research Tell Us?

Conducted with 75 siblings, male & female, ages 11-38

- Female sibs had higher total depression, anxiety and stress scores than male sibs.
- Middle sibs in the birth order (whether male or female) had the highest total depression, anxiety and stress scores.
- Carrier sibs tended to have higher anxiety scores than female sibs who were not carriers.
- Male sibs without bleeding disorders believe their quality of life would be better if their sibling did not have a bleeding disorder.
- 40% of the sibs felt the child with the bleeding disorder was treated better than they were.

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