

# How do I talk to my child about their sibling's mental health?



## Open Door Policy

The best thing you can do as a parent is to talk openly about a sibling's mental illness. Allowing children to ask questions and explain to them what is happening benefits not only the child but the sibling relationship.



## Consider Age

Consider a child's age when talking to them. Use words and language they will understand. Let them ask questions. Be honest while maintaining developmentally appropriate conversation.



## Encourage Strong Sibling Bond

Encourage siblings to stay connected during hard mental health seasons. Facilitate conversations if needed and praise positive interactions.