

# The Siblings of Children with Cystic Fibrosis

Managing the stressors and responsibilities of having a child with CF along with all the other daily demands of life, including your other children can be a challenge. We are here to help you navigate these challenges.

Siblings of children with chronic illnesses can sometimes experience higher rates of depression and anxiety than their peers. They can also experience emotional and concentration problems at school.

## What Caregivers Can Do

- Provide a creative, fun and safe environment
- Help siblings understand CF and how it affects the body
- Allow children to express feelings about having a sibling with cystic fibrosis
- Identify and share strategies for coping with difficult emotions
- Discuss your concerns with your care team
- Spend unique time with each child
- Maintain a routine

## What We Can Do

- Meet and speak with you and your well child at clinic visits
- Provide resources to help guide developmentally- appropriate discussions about CF with your well child
- Provide discussions of things you can do with your child to help them cope

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