

Siblings of Neurodivergent People Matter

A Unique Experience

Siblings of neurodivergent people have a very unique life experience. They grow up with a broader understanding of the vast tapestry of human experience. However, as some of their siblings need extra time and attention to help them navigate the world, parents often worry that their neurotypical siblings get less time to have their needs met. In this session, we will discuss what it means to be the 'typical' one in the dynamic. We will discuss particular needs and responsibilities that some of these siblings may have as current or future carers. We will also talk about building bonds as parents, siblings and a family that will last a lifetime.

Session Outline

- Understanding the sibling experience
- Allowing all feelings
- Fostering sibling relationships
- What it means to be a youth carer
- Acknowledging the shared future
- Finding unity as a family

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.