

JustSibs

Helping Siblings Cope

Caring for a child with an illness or injury can be overwhelming. On top of juggling their care and treatments, work, and daily life, you're likely worried about how your family will cope. Your other children may feel angry, scared, abandoned, or even guilty.

If you're struggling with how to support them, trust us, you're not alone.

That's why we created JustSibs.org, an interactive, digital experience to help teens and preteens navigate and cope with the many emotions that come with having a brother or sister with an illness or injury. Through visual storytelling and supportive activities, kids are given a safe space to explore, and learn to manage, a wide variety of feelings they may face. Plus have a little fun while they're at it!

Covered topics include:

- Adapting to new situations and environments
- Coping with negative emotions such as jealousy, worry, guilt, anger and grief
- Managing pressure and stress
- Dealing with adversity
- Seeking guidance and support
- Balancing "normal life" with a sibling's medical needs
- Bullying
- And more

JustSibs also provides access to additional resources and organizations that assist siblings from diagnosis through treatment, and beyond.

To learn more and get started, visit JustSibs.org.

Who Is Ryan's Case for Smiles?

Ryan's Case for Smiles is one of the few organizations devoted to helping the entire family cope with a child's life changing illness or injury today, while building resilience for the future.

While other great organizations focus on research and finding a cure, we work to improve quality of life. In short, to feel better to heal better.

For more information, and resources for caregivers just like you, visit CopingSpace.org.



Ryan's
CASE for SMILES
Helping kids feel better to heal better