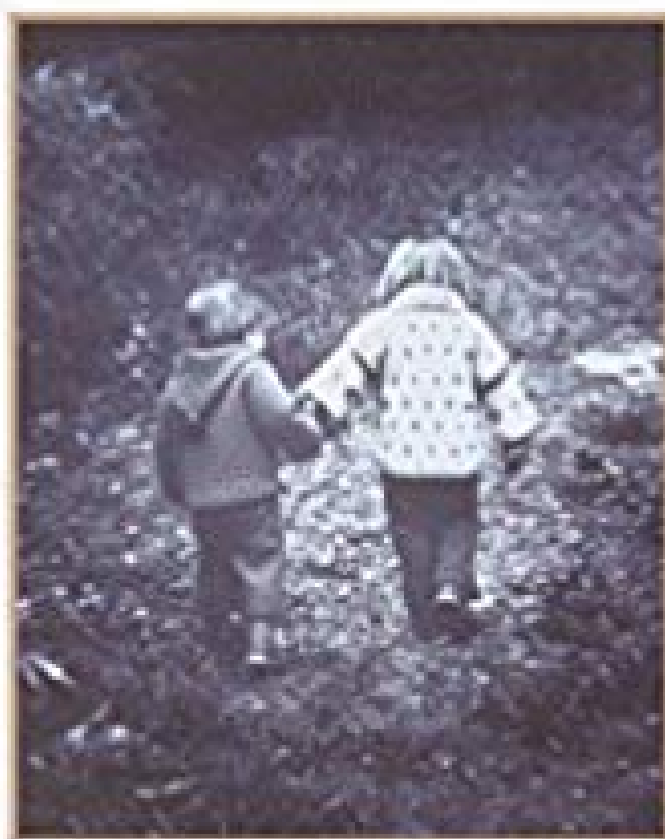


BEING THE OTHER ONE

Growing Up with a Brother or Sister
Who Has Special Needs



KATE STROHM

"Whether you're a parent, a professional, or, like Kate Strohm herself, a sibling of a person with special needs, you'll reach for this book again and again, finding both support and solutions in its pages."

—Rachel Simon, author of Riding the Bus with My Sister

Kate Strohm

Being the Other One: Growing Up with a Brother or Sister Who Has Special Needs



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When there's a disabled child in the family members, how are normally developing siblings affected? According to Kate Strohm, a counselor and health educator, siblings of the disabled encounter particular emotional challenges that are often overlooked. Capable siblings commonly struggle with feelings of isolation, grief, anger, and anxiety— This book includes writing exercises for personal exploration and a substantial resources section listing useful books, organizations, and websites. *Becoming the Additional One* reveals the difficulties faced by siblings at all stages of life, from early childhood through adulthood, when siblings must often assume responsibility for the care of their disabled brothers and sisters. In obvious and compassionate conditions, Strohm explores the frequently secret emotions of siblings and offers valuable strategies for coping with the problems they face. *Being the Various other One* is founded on the author's own knowledge (as a sibling of a sister with cerebral palsy) and on comprehensive interviews she conducted with siblings of all ages. Although book looks truthfully at the many challenges that siblings encounter, it is filled with encouragement and useful strategies.siblings can thrive.and when parents and health professionals offer the needed support— Strohm emphasizes that whenever siblings are able to clearly identify and openly exhibit their emotions and problems—and these and various other emotional issues might have lifelong effects.



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I recommend this book. This is recommended by someone in a caregiver support group. I purchased this for my oldest girl who has had to develop up with two disabled siblings. However I must say I enjoyed this book, it is a check out the siblings of those who have a brother or sister with a disability which impacts their lives in occasionally not a good method. I don't feel that much alone any longer with how Personally I think about my sibling. Needless to say, we were conscious to some degree, but it always assists reading about others' experiences. I browse the first edition of the book about a . I understand it generally does not change things, nonetheless it is nice to know that I am not a "poor person" for feeling some of the issues that I've about my sister. I really like how in dept this book is. Both my husband and I read it and believed it was pretty good and helpful to understand how developing up "The Additional One" enables you to different. This book gives me permission to explore this, without feeling guilty. I was raised with a disabled younger brother, and am just now, in my own 40s, needs to realize what impact that had on me, and on my method of reacting to life. Compassionate and insightful. I thank the author on her behalf compassion and frankness. The countless examples and testimonies enable a glimpse of several kinds of different affects, based on different family situations. Help for my girl. It can help me understand myself a little better. Insight full, from almost all perspectives This is an amazing book. The first I've ever read about being a sibling of a child with special needs. It's very realistic about expectations, pressures and guilt. It reflects on home existence and the struggles that may occur, either because of parental objectives or of self-assumed responsibility. The perspectives one of them book are encompassing, and while I cannot apply everything to myself, I understand these alternative views. I am grateful to have found this reserve and hope that it'll continue to be self-revealing throughout. I purchased this reserve a couple years back and browse it when my "typical" daughter was 6 and her brother was 4.!. I'd recommend it! She's 20 right now and I desire I'd read it 10+ years ago. Four Stars Very helpful to me. It was an excellent read at that time, but I believed we were doing pretty well giving her special time and put it on the shelf. It was really important for all of us (myself and my wife) in order to have a so clear picture of most arounds siblings. AN ENORMOUS Sigh of Relief As a sibling of an older sister with special requirements, I have spent the last 25 years of my entire life feeling like I was alone in the frustrations, anger and disappointment.. Must read! This reserve has demonstrated that there are others out there, like me, who are working to address the down sides that having a sibling with particular needs causes, and eventually thrive. I also simply got it for my parents, because I believe that scanning this book, can help them observe my point of view. In fact, conversations about this book that I've got with my parents have already gotten the ball rolling towards healing an extremely strained relationship. I only bought this reserve for a class We was taking, so that it was sort of mandatory. Will be giving it to my daughter next week and I hope knowing that she's not by yourself in how she's experienced can help her. I cannot let you know the relief that I've experienced just by scanning this book.! I read the first edition of the book about a very long time ago and it completely resonated with my experience of developing up with a brother 7 years more than me who comes with an intellectual disability complicated right now having high treatment needs. I experienced great anxiety and guilt which had taken me decades to work through. I experienced that Kate was writing directly to me, the connection was that strong. I have the privilege of experiencing met Kate several times now since then and today through my profession locally sector supporting families of people with disability. If you are a Sibling, Mother or father of a kid with special needs or a Service Provider employed in the Disability, Mental Wellness, Alcohol or other medication sector, this publication is a "must browse" to have the perspective of family members who are

often overlooked with regards to Government Plan, support and funding. Informative for parents and validating for siblings This is a good book for the parents of the siblings and cousins of disabled children. So often we must concentrate on and look after our "special" child and it's really easy to forget the wants of our healthful children. Spot on! Great Book! what I need I'm facing several situations as those described in the Publication. Fast forward two years and I referenced it last week because of talks my girl and I had been having. I was surprised to see how carefully my daughter's thoughts mirrored the author among others in the publication. Due to what I read, I was better in a position to understand my girl, empathize and change a few of my activities. I don't think that is appropriate yet for a young child, but it is a "must read" for a particular needs parent. She is already much happier. I'm sure I'm going to be referencing it and the suggestions throughout the years.



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