

Sibling-of-sick-child support tracker

When one child is in treatment, the healthy siblings often become the under-supported group. *Use this weekly to make sure the healthy sibling isn't invisible.*

THIS WEEK'S PLAN

DAY	DEDICATED 1-ON-1 TIME	ACTIVITY	HOW THEY SEEMED	ANYTHING TO ADDRESS

THEIR WORLD THIS WEEK

SCHOOL ACTIVITIES / EVENTS

FRIENDS / PLAYDATES

THEIR QUESTIONS ABOUT THE SICK SIBLING

THEIR FEARS OR WORRIES (OVERHEARD OR SHARED)

WARNING SIGNS TO WATCH FOR

- Withdrawal from friends / activities
- Sleep changes
- School performance decline
- Acting out / new behavioral issues
- Statements like "I feel invisible"
- Pre-emptive grief (talking like the sibling is already lost)

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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