

Fostering Sibling Connection During Summer Break



Here are creative, accessible, and meaningful ways to foster sibling connection this summer whether you're home for the day or out on a small adventure.

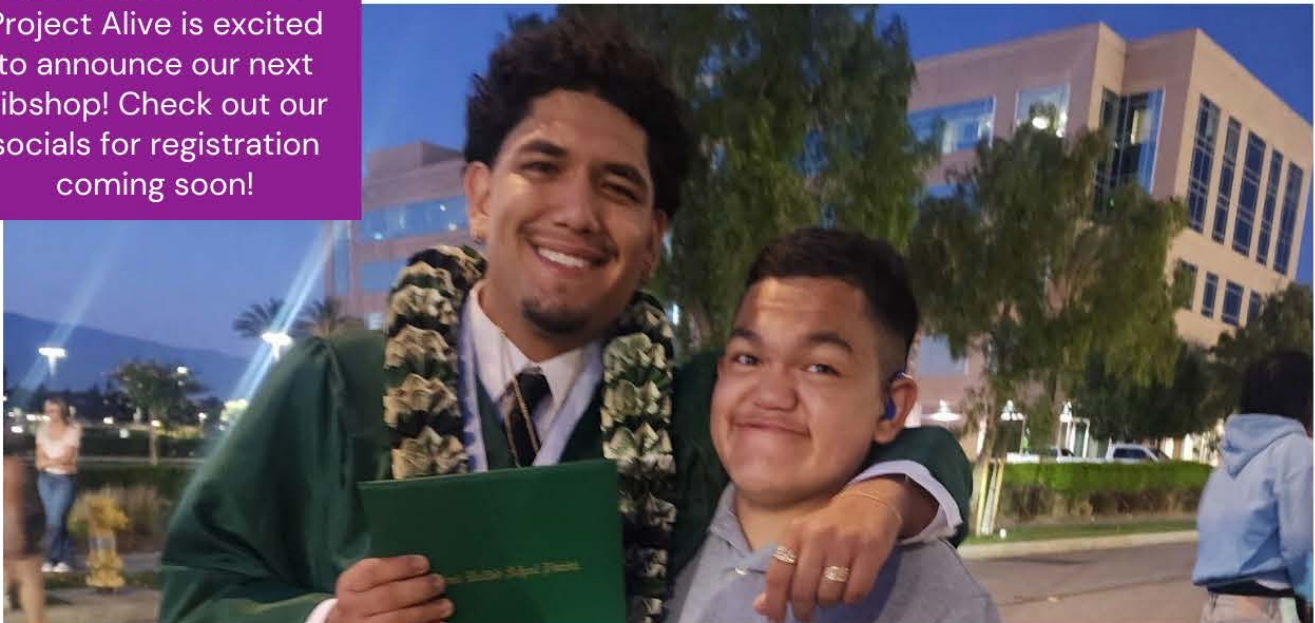
Upcoming Event

Sibshop! (Virtual)

July 11, 2025 8pm (est)

Join us for a night of connection and fun! Project Alive is excited to announce our next Sibshop! Check out our socials for registration coming soon!

Summer break offers the perfect opportunity to strengthen the bond between siblings especially when one child is affected by a rare disease like Hunter syndrome and the other is not. While it can be a challenge to meet each child's differing needs, the summer months are full of opportunities to nurture connection, empathy, and shared joy.



Create Shared Rituals

- "Morning Moment" (dance or breathing routine)
- "Snack Chef" (make snacks together)
- "Storytime Swap" (each sibling picks a book)

Inclusive Play = Shared Joy

- Water fun (kiddie pool/sprinkler)
- DIY obstacle course
- Sensory crafts (glitter bottles, playdough)

Outings for All Abilities

- Parks with adaptive equipment
- Sensory-friendly library visits
- Nature walks or scavenger hunts



Fostering Sibling Connection During Summer Break



Here are creative, accessible, and meaningful ways to foster sibling connection this summer whether you're home for the day or out on a small adventure.

Upcoming Event

Sibshop! (Virtual)

July 11, 2025 8pm (est)

Join us for a night of connection and fun! Project Alive is excited to announce our next Sibshop! Check out our socials for registration coming soon!

Talk About Differences Openly and Honestly

Siblings notice more than we think. Creating space for conversations about fairness, needs, and emotions deepens understanding.

- Use simple language: "Your brother's body works differently, so we do things differently sometimes to help him."
- Validate all feelings: jealousy, confusion, pride, even frustration. It's okay to feel more than one thing at once.
- Share roles: "You're not expected to be a caregiver. Just a sibling. And a great one."

Connection Tip: Consider sibling support groups or "Sibshops" to help them feel seen and heard.

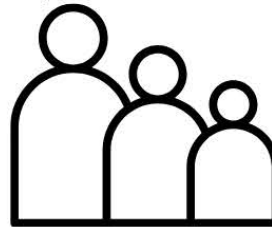
Celebrate Strengths

- Help siblings see each other as more than their roles—affected or not.
- Make "superpower cards" together, where you list something special about each sibling.
- Take turns being the leader during play.
- Make a "sibling wall" or scrapbook page with photos, drawings, or quotes about their relationship.

Connection Tip: Use these moments to build pride and identity—not just as individuals, but as a team.

Final Thought: Connection is in the Little Moments

Summer doesn't have to be filled with big vacations or perfectly scheduled plans. The most important thing is creating intentional space for your children to see each other—through laughter, play, quiet observation, and shared experiences. Every moment of connection plants the seeds of lifelong sibling love.



Looking for More Ideas or Support?

Project Alive offers community resources, events, and family-centered programs including Sibshops and caregiver chats to help you foster meaningful connection in your home.

