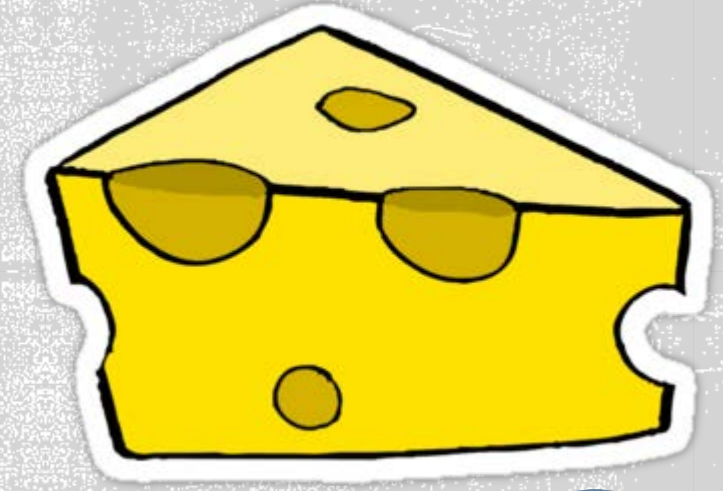


Say Cheese!



Scott K. Shimabukuro, Ph.D. ABPP, CAMHD

Kelsie H. Okamura, M.A., UH Mānoa

Agenda

- The special needs family
- For Parents
- Fostering success in children
- Focusing on siblings
- Tying it all together



The special needs family



- The Pleasant Life
- The Good Life
- The Meaningful Life





Gratitude



Self Regulation:

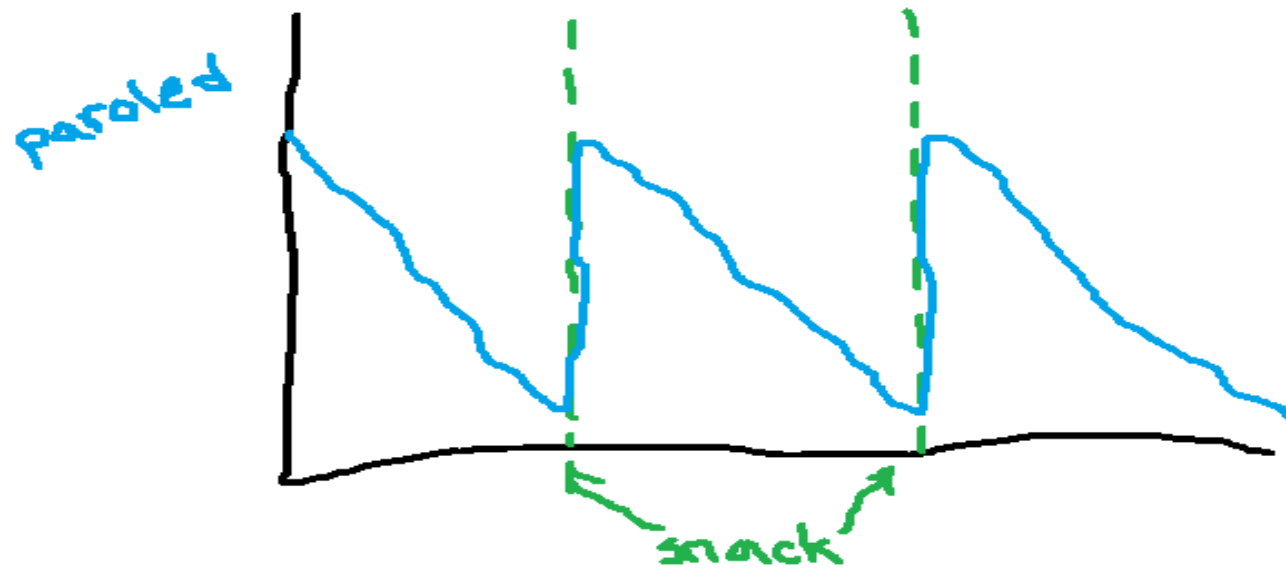


Self-regulation

- Hunger
- Tired
- Rejection
- Over scheduled
- Over regulated

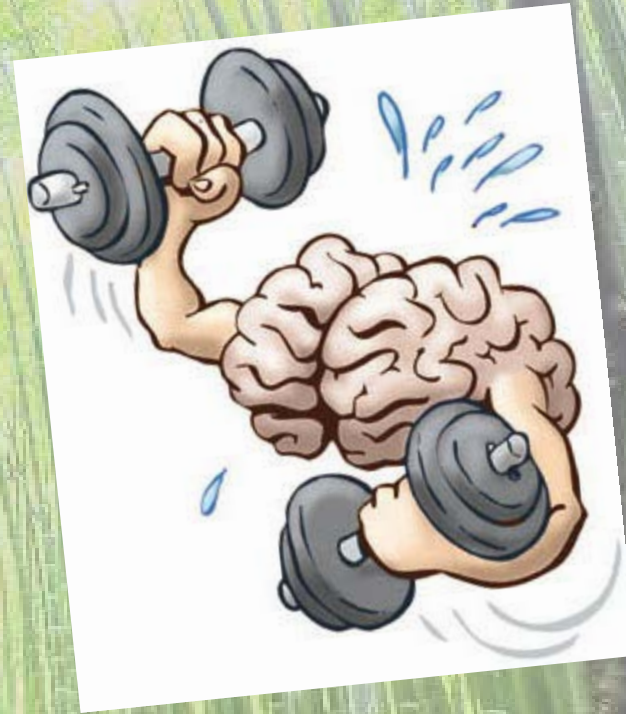


judges parole outcomes



Resilient Adaptation Teachable?

1. Easy Puzzle - compliments
2. Test selection
3. Skills or ranking?
4. Difficult puzzle
5. Same as first puzzle
6. Self score
7. Teacher's response to failure
8. Brain as muscle



Quirkology Channel

THE TEST

www.RichardWiseman.com





Waiting Room

25
Photos!

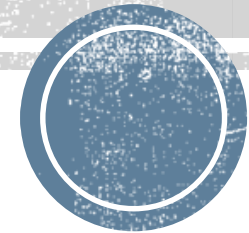


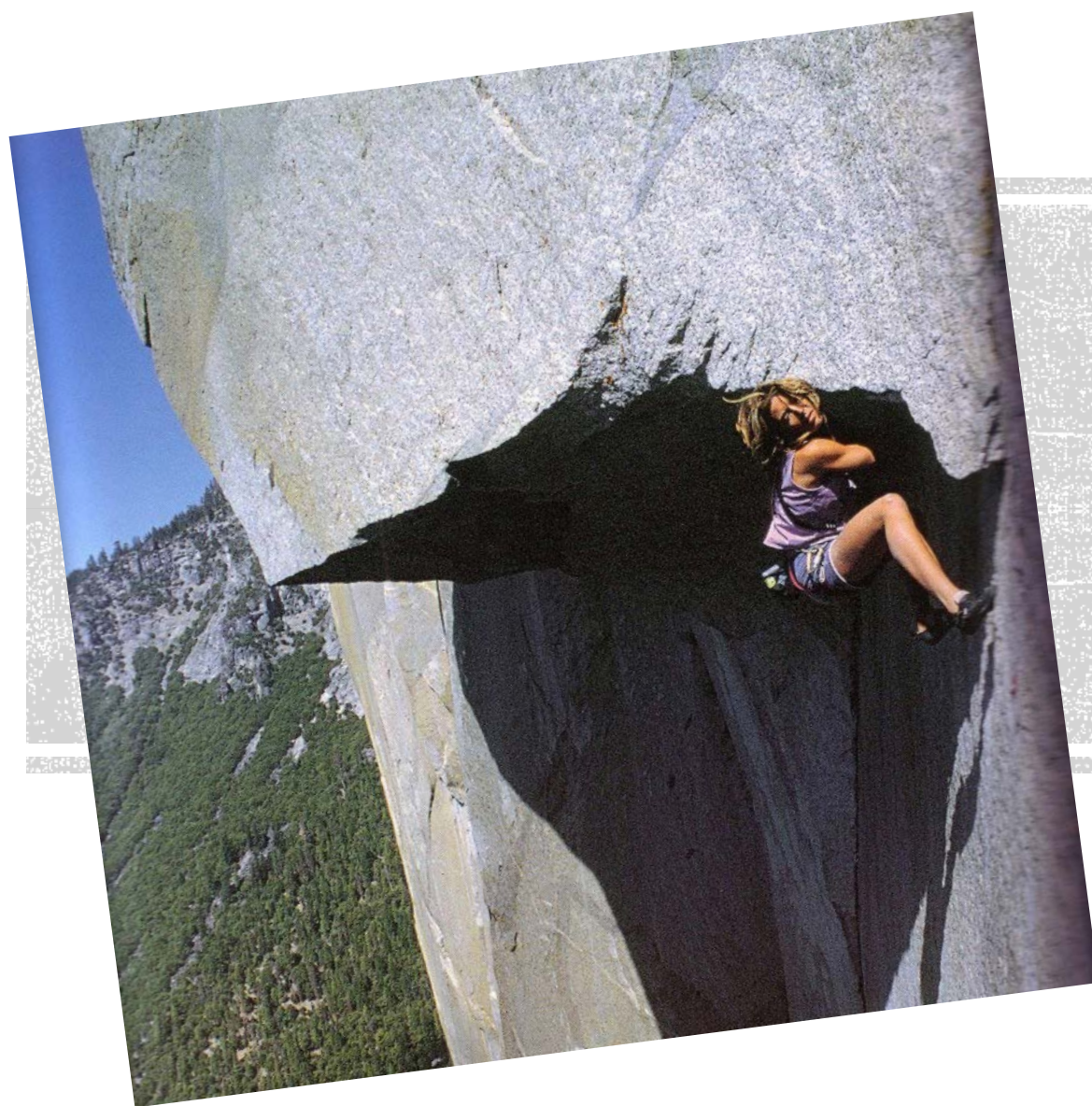
Self to Self



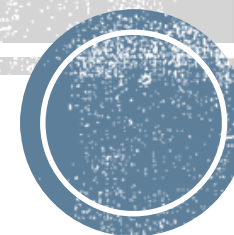
Praise and Encouragement

1. Praise what is within one's control. Grades and goals are *not* within one's control.
2. Praise and encourage the specific.
3. Use "failure" as feedback. Re-Engage, Analyze, Problem Solve (REAPS)





Lynn Hill



Unnatural Talent



What about brothers and sisters?

- Lifelong relationship
- Family size is getting smaller (Gao, 2015)
- Disproportionate attention
- At risk for negative emotions, isolation, and confusion
- Learn to live and cope with adversity
- Experience joy in accomplishments



What are siblings concerned about?

- Special needs sibling
- Parents
- Themselves (feelings towards special needs sibling)
- Friends
- Community
- Adulthood



" I have an older brother too, so I know what it's like to be in middle-management. "



What are siblings concerned about?

- Negative feelings
 - Misunderstandings about their sibling
 - Fear and anxiety about behaviors
 - Isolation from family and friends
 - Anger and resentment
 - Embarrassment
 - Shame about their own feelings
 - Pressure to achieve
 - Guilt over own abilities
 - Burden of responsibility
 - Concerns about the future



What are siblings concerned about?



Interventions for siblings

- Preventative
- Whole-family approach
- Peer/sibling support
- Common practices:
 - Normalizing feelings
 - Understand special needs
 - Skills for managing challenging situations
 - Enhance communication within family
 - Strengthen sibling relationship



Tips for parents

- Communicate!
 - Affirmation of feelings
 - Honest and direct information
 - How do I play/help?
- Allow siblings to express their feelings
- Provide individual attention (acknowledge their role)



Tips for parents



Resources for parents

- Sibworks (<http://siblingsaustralia.org.au/>)
- Sibling Support Project (<https://www.siblingsupport.org/>)
 - Sibshops (<https://www.siblingsupport.org/about-sibshops>)
- SibNet (online support group)
 - Facebook (<https://www.facebook.com/groups/SibNet/>)
- SibTeen (for teens)
 - Facebook (<https://www.facebook.com/groups/SibTeen/>)
- Sib20 (for adult siblings 20+)
 - Facebook (<https://www.facebook.com/groups/Sib20/>)



Resources for parents

- NAMI Hawai'i (<http://www.namihawaii.org/home>)
- Easter Seals of Hawai'i (<http://www.easterseals.com/hawaii/>)

