



AAC & Siblings: Supporting Communication & Connection at Home

Tips to help siblings understand, support, and connect through AAC

Explain AAC in Simple Terms

Say something like:

"This is how your brother/sister tells us what they're thinking. just like you use words, they use this to talk."

Let them Explore the Device

Let siblings activate buttons, see how it works, and even model some fun words/phrases.

Model Communication Together

Encourage siblings to use the AAC system to too! E.g.,

- Use it during play ("Want to build?") ("Let's go.") ("My turn!")
- Take turns choosing music, games, or snacks using AAC

Validate Feelings

Some siblings may feel confused, left out, or even jealous. Normalize those emotions:

"It's okay to feel that way. We're all learning how to talk with each other."

Make it a Game

Turn AAC into fun activities:

- **Scavenger Hunt** using AAC words
- **Silly story building** (each person adds a word or phrase)
- **AAC Simon Says** ("Simon says, hands up!")

Celebrate Communication Wins Together

Get the whole family excited when the AAC user communicates something new! Encourage siblings to cheer them on with high-fives or praise.

Remember:

AAC helps everyone feel heard. When siblings are included, everyone grows as a communicator, listener, and teammate.

