

# Siblings Canada Book Recommendations

Books offer a powerful way for siblings of individuals with disabilities to feel seen, supported, and less alone. They can also provide valuable insight for parents, caregivers, and professionals seeking to better understand the sibling perspective.

This list includes both non-fiction and fiction books that center the sibling experience. From memoirs and personal essays to thoughtful novels and children's stories, these works explore the complexities of love, responsibility, grief, resilience, and identity through the lens of sibling relationships.

Have you come across a book that speaks to the sibling experience? We'd love to hear from you. Please email your recommendations to [info@siblingscanada.ca](mailto:info@siblingscanada.ca) - Canadian titles are especially welcome!

## Non-fiction

1. [Mad Sisters](#), Susan Grundy (2024); Ronsdale Press
2. [Freeing Teresa: A True Story about My Sister and Me](#), By Franke James, Billiam James, Teresa Heartchild (2023)
3. [Brother. Do. You. Love. Me.](#), By Manni Coe and Reuben Coe (2022); Greystone books
4. [Edna's Gift: How My Broken Sister Taught Me to Be Whole](#), Susan Rudnick (2019); She Writes Press CA
5. [Being the Other One: Growing Up with a Brother or Sister Who Has Special Needs'](#), by Kate Strohm (5th edition 2018); Wakefield Press
6. [Riding the Bus with My Sister: A True Life Journey](#), By Rachel Simon (2013); Grand Central Publishing
7. [How to Be a Sister: A Love Story with a Twist of Autism](#) by Eileen Garvin (2010); The Experiment
8. [The Music Room](#), By William Fiennes (2010); The Sound of Turquoise, By Gill Gregory (2009); Picador
9. [Boy Alone](#): A Brother's Memoir, By Karl Taro Greenfield (2009); Harper
10. [Thicker Than Water: Essays by Adult Siblings of People with Disabilities](#) by Don Meyer (2009); Woodbine House

11. [Hamlet's Dresser: A Memoir](#), By Bob Smith (2003); Simon and Schuster
12. [The Ride Together: A Brother and Sister's Memoir of Autism in the Family](#), By Paul Karasik & Judy Karasik (2003); James Bennett Pty Ltd
13. [Special Siblings: Growing Up with Someone with a Disability](#), By Mary McHugh (2002); Brookes Publishing Co
14. [What About Me?: Growing Up with a Developmentally Disabled Sibling](#), By Bryna Siegel & Stuart Silverstein (2001); Da Capo Press
15. [My Sister's Keeper: Learning to Cope with a Sibling's Mental Illness](#) by Margaret Moorman, (1992); W. W. Norton & Company

## Fiction

1. [The Best Sleepover in the World](#) by Jacqueline Wilson (2023); Young Corgi
2. [A Little Life](#) by Hanya Yanagihara (2022); Picador
3. [Summer Brother](#) by Jaap Robben, translated from the Dutch by David Doherty (2021); World Editions
4. [My Sister's Keeper](#) by Jodi Picoult (2018); Hodder
5. [Sleepovers](#) by Jacqueline Wilson (2008); Young Corgi
6. [Goodbye Tsugumi](#) by Banana Yoshimoto (2002); Faber & Faber