

Sibling Time

By [Coram](#), a registered charity

Sibling Time, developed by the Coram Adoption Activity Days team, **provides a supportive and therapeutic environment for children in care or adopted to maintain meaningful contact with their siblings.** The programme is designed for children separated by care arrangements, including fostering, adoption, kinship care, and residential placements, enabling brothers and sisters to connect in a safe and enjoyable setting.

Children in care often face separation from their siblings due to placement arrangements. More than one-fifth of children in care feel they do not see their siblings often enough, with this figure rising among young people aged 11–18. Maintaining sibling connections is crucial, as research shows that good quality sibling contact is linked to better emotional well-being and long-term positive outcomes.

Sibling Time was created to address this need, ensuring that children and young people have opportunities to nurture these essential relationships, even when living apart.

Sibling Time offers local authorities a unique service that brings siblings together for fun, child-centred contact sessions. These sessions are tailored to

the needs of each family, creating a safe space where brothers and sisters can reconnect and strengthen their bonds.

The programme accommodates children of all ages, from babies to young adults, and focuses on ensuring that the time siblings spend together is meaningful and enjoyable. Activities are carefully designed to promote positive interactions and cater to a range of developmental stages.

Sibling Time is grounded in the belief that maintaining sibling relationships is key to a child's emotional health and stability. It provides children with a chance to create shared memories and build stronger connections, even when separated by care.

Sibling Time events are delivered by specialist staff experienced in creating safe, therapeutic environments for sibling contact. **The events aim to:**

- Include structured activities designed to foster emotional connections and collaboration.
- Provide a safe space for siblings to interact, with professional oversight to ensure the sessions are supportive and child-centred.
- Tailor activities to the needs and interests of the children, ensuring sessions are enjoyable and age-appropriate.

Sibling Time is informed by research demonstrating that well-managed

sibling contact leads to improved emotional well-being for children in care. According to Max Stanford, Head of Impact and Evaluation at Coram:

“Contact between siblings who have been separated in the care system is associated with positive well-being outcomes for children, but only when it is well-managed, with parents and carers actively supporting contact and taking children's wishes into account. Sibling Time shows significant promise in helping local authorities facilitate meaningful sibling connections.”

The programme is designed to address challenges in sibling contact by creating structured, supportive opportunities for children to spend quality time together. By involving carers and professionals, Sibling Time ensures that each child's wishes and feelings are prioritised, fostering trust and emotional security.

Maintaining sibling connections is a fundamental aspect of supporting children in care. **Sibling Time bridges the gap between separated siblings, offering them opportunities to:**

- Build strong, lasting relationships.
- Experience moments of joy and normalcy during challenging times.
- Develop emotional connections that support their mental health and overall well-being.

Coram's Sibling Time service is a step toward ensuring children in care maintain these critical relationships, empowering them to feel supported and valued within their family networks. Local authorities and agencies are invited to partner with Coram to deliver Sibling Time sessions to families in their care.

[Read the Coram Institute for Children's evaluation report here.](#)

