The purpose of the current study is to investigate adolescents’ perspectives on sibling caregiving and how caregiving was associated with family relationships. We conducted inductive thematic analysis and found that adolescents’ views of caregiving were categorized into four themes: definitions of sibling caregiving, contexts and reasons for providing care, attitudes toward caregiving, and outcomes of caregiving.

### Findings

#### Definitions of Sibling Caregiving

- **Theme Quote**
  - “I always help with like making meals, so like making breakfast and dinner. . . I help with like helping them clean their rooms and making sure they take baths, like I help a lot during the school year cause there is a lot going on and my mom is working so she’s busy.”

- **Context and Reasons for Providing Care**
  - “I mean I do it either way because I don’t have a choice, but like when she asked me if I can watch my sibling, it is not really a question, I have to do it.”

- **Attitudes Toward Sibling Care**
  - “I don’t really have a problem with that [caregiving] I like babysitting and taking care of people.”

- **Outcomes of Sibling Care**
  - “I definitely think we have a stronger relationship. . . because I know the more time my brother and I spend together, like he vents to me”

  - “It gives me kind of a head start. . . because when I become a parent I’m already going to know these things and how to handle these situations”

  - “not when I take care of him, but like if he is just kind of hanging out and I’m hanging out then we have fun, but if I’m taking care of him we don’t have fun.”

### Discussion

- Our study provides further evidence that sibling caregiving is an important part of adolescents’ lives, even though there have been historic declines in the care adolescents provide to their siblings.

- Our findings add to the limited knowledge about the actions, behaviors, and attitudes related to adolescent sibling caregiving. Examining teens’ perspectives directly allowed for a fuller and more nuanced understanding of how caregiving may impact individuals and families.

- Adolescents’ perceptions of sibling caregiving underscore how it is a complex family-oriented task that adolescents may engage in depending on their siblings’ individual attributes (e.g., independence) and their family contexts (e.g., familial obligations and expectations).

- Our findings reveal that sibling caregiving likely has both positive and negative outcomes for adolescents and their families.Sibling caregiving may be an important behavior within families that gives opportunities to create more positive and negative relationships among family members.