



**Figure S7:** Theoretical difference in mean squared error between the estimators  $\hat{H}_{\text{full}}$ ,  $\tilde{H}_{\text{red}}$ ,  $\tilde{H}$ , and  $\hat{H}_{\text{BLUE}}$  for samples fixed at 100 (A) diploid individuals, (B) male and female individuals at an X-linked locus, or (C) diploid individuals wherein some full siblings are inbred with brother-sister parents, across changing sample configurations. Here, the MSE of the estimator calculated with  $\tilde{p}_i$  is subtracted from that of the same estimator calculated with  $\hat{p}_i$ , yielding a value greater than zero. The samples considered for each subtraction are as in Supplementary Figures S4-S6. Threshold values for coloration are indicated in the scales to the right of each triangle. Note that scales are not identical across heat maps. A heat map corresponding to  $\tilde{H}_{\text{red}}$  is not included because all sample configurations yield a value of zero for this calculation.