



TO THE POINTE

PARENTING EDITION / SUMMIT POINTE - NUMBER 2

Coping with Sibling Conflicts

During the Coronavirus Pandemic when social activities suddenly closed siblings started spending a lot more time together. Conflicts between siblings are normal and can help children learn to communicate their feelings and needs effectively. Parents can help create a more peaceful home environment by guiding children through their disagreements, modeling communication skills, and providing structure.

- Understand the reasons for the conflicts. Jealousy, competition, and attention seeking are just a few underlying reasons that siblings fight. It is important to help them understand and address their feelings and not just the behavior.
- Don't compare sibling's strengths and weakness. Statements like "why can't you be more like your sister?" or labeling a child as the "wild one" "smart one" or the "easy going one" may create feelings such as jealousy, shame, and rejection among siblings.
- Provide time for one on one attention. Even 10 minutes of individual time before bed or whenever you have time makes a big difference to a child.
- Give praise whenever you see them doing something you want them to do such as playing quietly together, taking turns, sharing, or resolving disagreements on their own.
- When you can, ignore arguments and give them a chance to work it out on their own. Step in if the argument turns physical or become emotionally hurtful.
- To calm the conflict have everyone 'take a break' from each other for a few minutes. Come back together and take turns sharing how they are feeling using "I" statements. Do not take sides, instead ask them to give solutions to the problem and guide them to find a way to move forward.
- Emphasis 'team work' and explain that families are 'in the same boat' meaning to that everyone is affected by each other's choices and will experience the same outcome or consequence. Making a statement like "Either you can take turns with the game, or I will put it away for the rest of the afternoon" may help siblings learn to work together to get what they want. Follow through with removing the game if they continue to fight.

Questions?

Please call ... 269/966-1460 **Youth Crisis Line** ... 269/441-5945
24 hour Crisis ... 1/800-632-5449 **Crisis Text Number** ... 741741



24-Hour Mental Health Care In Calhoun County

CONFLICT RESOLUTION

Tips For Kids

Get Calm First

Wait until you are calm before addressing a conflict
Take some time to cool off and breathe.

Ignore or Walk Away

This works good when dealing with something that is annoying you.

Use An I-Message

Say what you feel, what you hope for and how you want to be treated.
For example: "I feel _____ when _____," or "I would like _____," or "I want _____."

Ask For Help

Get help if you feel unsafe, or have tried 2 or 3 of these strategies and still feel stuck.

Find A Win-Win Solution

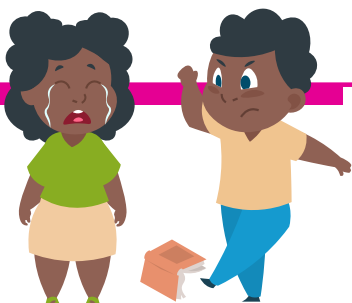
Brainstorm a solution or make a deal where everyone feels heard and that their voices and needs matter.

Say Words That Mean "NO"

Use a strong and respectful voice to say what you are not okay with.

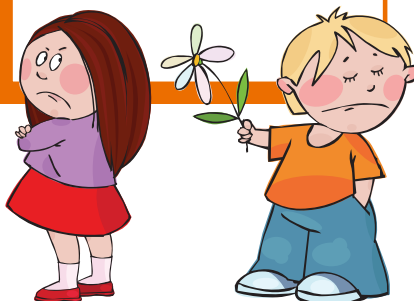
Play A Game of Chance

like rock-paper-scissors, or flip a coin



Apologize

Saying you are sorry when you make a mistake helps to make repairs.



Do Something Else

like play another game

