



🔍 conflict between siblings ×

🔍 conflict between siblings games

🔍 conflict between siblings solutions

🔍 conflict between siblings sports

🔍 conflict between siblings sharing

🔍 conflict between siblings playing

"Stop hitting your sister!"

"If you can't take turns, I'll just take it away."

"Well, you know what we always say:
if he hits you first, hit him back.
See if he likes THAT!"

"He's younger than you- you should know better!"





sibling conflict happens.

Your children will argue and fight
over just about anything.

Sibling conflict doesn't mean
they are "bad kids" and it doesn't
mean you've failed as a parent.

Read on to learn how to handle
it.



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- teach consent.

Engage your children in conversation about consensual play. Model how to set ground rules, how to read each other's body language, and how to respect each other's boundaries.

This can sound like...



"I see you guys are laughing while you're wrestling with each other! Do you both like that?"

"It sounds like she said to stop. Remember, we have to respect each other's 'no's and 'stop's."

"I know you weren't trying to hurt him. It seems like you still wanted to play rough when he was all done."

"Did you poke her because you wanted her to play, and maybe she wasn't interested in playing?"




- resist the urge to solve their problems for them.

When they run to you with a conflict, it can be tempting to solve it for them. While this might be the fastest way to move on from it, it doesn't teach them how to build their own communication and problem-solving skills. Encourage them to explore it among themselves.

This can sound like...





"I can see why that upset you.
Did you explain to her that you
don't like when she does
that?"

"Okay, so it sounds like you both want to sit in the
comfy chair. What ideas do you have?"

"Hmm, did you notice she was starting to cry and
was yelling at you to stop? I wonder why you kept
going?"

"The iPad seems to be causing a lot of arguments
between you two. What do you think we can do?"



This will require a lot of modeling and mediation from you. The key is to resist the urge to say, "Fine! No more iPad until you guys can figure out how to share!"

Try to engage them in exploring their own solutions and sharing with each other how they're feeling.

If the conflict is too high in the moment, separating them may be necessary. Remain calm and do not take sides. Prompt them to take space from each other.

- identify their patterns.

Keep track of when conflict is most likely to occur,
and be proactive about preventing it.

This will require you to be mindful of what's
happening and able to reflect back to them.

This can sound like...

"I've noticed you guys argue a lot over the TV. Have you noticed that? What do you think we can do to prevent it?"

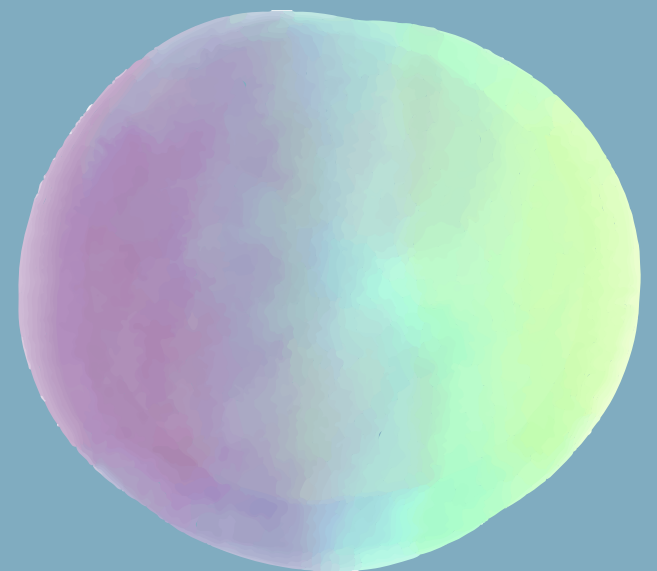
"Playing basketball always ends in a fight. We have a home where we want everyone to feel respected. We would like to talk about setting ground rules for the game before you play again."

"It seems like your brain gets very overwhelmed when you're playing with your little sister and then you start playing rough with her. Have you noticed this? Can we come up with a code word to remind you to take some deep breaths when this is happening?"



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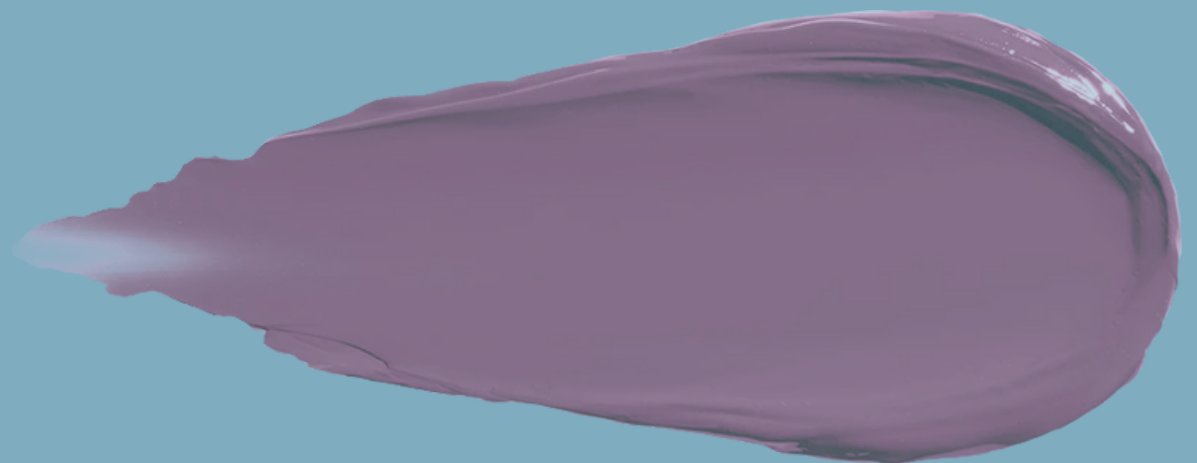
These conversations go
best when things are calm—
not in the midst of a
conflict.



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The most important part in all of this (and perhaps the most difficult) is examining your family culture and the ways you handle relationships overall. Do you encourage consent in all ways, allowing your children to tell you "no" or set their own boundaries?

Do you engage them in problem-solving conversations rather than just telling them what to do? Do you model self-awareness by sharing about your own vulnerabilities? Do you share validation and empathy for your children, even when you think the reason they are upset isn't that big of a deal?

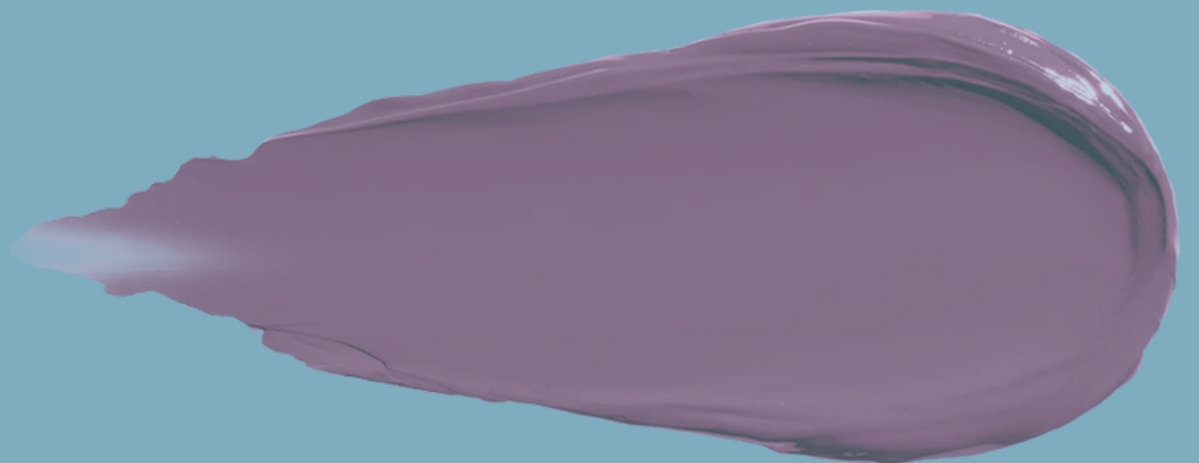


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If your home is one where adults are seen as knowing everything and having dominance, your children will naturally expect you to solve their problems for them.

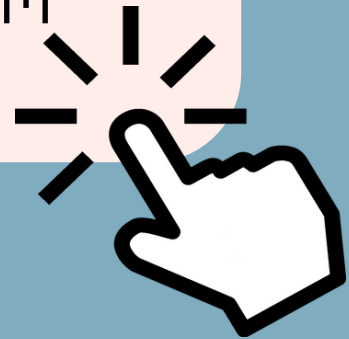


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