



Parent Education Handout- October 2009

Sibling Fighting

Sibling fighting is likely one of the most stressful situations that parents encounter on a day to day basis. Despite the obvious stress it creates in the household, there are positive aspects of sibling fighting. Sibling fighting allows children to "practice" social navigation in a safe and controlled environment. Children can take what they learn from their siblings and use it in social situations outside of the home. Despite the positive aspects of sibling fighting, here are some things you can do to increase harmony at home.

TIPS FOR YOUR IMMEDIATE RESPONSE

- Intervene immediately if something is going to be broken or someone will be hurt
- Assume both children are guilty if you did not witness the beginning of the fight
- Give both children the same consequence (e.g., time out, cleaning up a mess)
- If you aren't sure what consequence to give in the moment, delay the consequence (e.g., "Doing XYZ was a bad decision, but I'll need some time to think about the consequence so I'll let you know later")
- Consider letting the kids work it out themselves

If you do have to intervene

- Focus your attention on the victim ("Ow, that must have hurt when your sister hit you. Let me rub it to make it feel better.")
- Express positive expectations of the aggressor ("Your sister shouldn't hit you. She should use her words when she's mad. Let's go get a bandaid"). That way the aggressor gets the message of what to do instead without the attention.
- If children are having trouble coming up with solutions to the disagreement, offer two possible choices for resolution
- Encourage the children to use their words and label their feelings ("I don't like it when you take my toy.") If they have trouble labeling their feelings, do it for them ("I bet that's frustrating when Sister takes your toy.")
- Separate the children if they can't work things out on their own
- Use a "No tattling" rule - "You may come to get me to get someone out of trouble, but not to get them in trouble."
 - Encourage the tattler to be a problem solver
 - Respond to their grievances with neutral response like "oh" and "mmm hmmm"

Ways to Avoid the fighting

- Allow each child to have some special toys that are their own
- Allow each child to have their "own space" to fulfill the need for privacy
- MODEL MODEL MODEL - Children will reflect your behavior back to you, so if you get upset and yell when the kids are fighting, they will do the same thing
- Talk to your children about how important their sibling relationship is and how it can outlast any other friendships

References:

The Pocket Parent by Gail Reichlin and Caroline Winkler (2001)



UPCOMING PARENT EDUCATION OPPORTUNITIES AROUND DFW

Baylor Medical Center of Carrollton - 1-800-945-7997

<http://www.baylorhealth.com/PhysiciansLocations/Carrollton/Pages/ClassorEventatCarrollton.aspx>

Infant and Child CPR Classes – all classes start at 7 pm – COST \$25

10/28/09

11/18/09 12/9/09

Texas Health Resources (Presbyterian Hospitals, Arlington Memorial Hospital, Harris Methodist Hospitals) – Classes include baby sign language, grandparenting, carseat safety, infant and toddler nutrition, pediatric and adult CPR, stroller fitness, prenatal yoga

http://www.texashealth.org/body_secure.cfm?id=562&oTopID=562

Salesmanship Club - Various Parenting Classes offered at, including Love and Logic

http://www.salesmanshipclub.org/parent_education.aspx

Lewisville ISD - <http://www.lisd.net/commed/200910.pdf>

CPR Classes and other adult education programs

Carrollton Farmers-Branch ISD - Community Education

<http://www.cfbisd.edu/pages/studentsSTSparentEducation.cfm>

LUNCH AND LEARN THURSDAYS – 12 – 1 pm *for a free lunch as we talk about parenting issues that are relevant to all of us! Child care provided*

All Classes are held at the Community Learning Center Bldg B.

1820 Pearl St., Carrollton, TX 75006

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October 2009

1st “Parenting with Love and Logic” (Intro into what is Love and Logic)

8th “Parenting with Love and Logic” continued...

15th How to Raise Kids Who Make Responsible Decisions

22nd Real World Parenting Solutions

29th Putting Love and Logic into Practice at home

City of Carrollton – Leisure Connections Magazine – various educational classes and activities for

kids and adults <https://www.cityofcarrollton.com/modules/ShowDocument.aspx?documentid=4126>

Parent Coaching and Parenting Classes – Kristy Dixon – ACPI Certified Coach for Parents

www.pureparenting.vpweb.com

Love and Logic One Day Seminars – www.loveandlogic.com

Oct 29, 2009 – Plano, TX – Dr. Charles Fay

LOVE AND LOGIC®: PRACTICAL SOLUTIONS TO TODAY'S MOST COMMON TEACHING CHALLENGES (GREAT INFORMATION FOR PARENTS TOO)