



The Hive EDUCATION

Nurturing Bonds:

Five Key Approaches to Successfully Handle Sibling Rivalry



1

Establish Family Guidelines: Fostering a peaceful and cooperative environment within your family starts with establishing clear and agreed-upon rules. By involving your children in the process, you empower them to take ownership and responsibility for maintaining a balanced household.

2

Defining Family Values for Strength and Support: One effective way to achieve this is by defining and embracing shared family values. By collectively determining the principles that shape your family's identity, you provide a solid foundation for building lasting bonds and promoting a harmonious atmosphere.



3

Encourage Empathy and Kindness: Empathy and Kindness are teachable skills. Teach children to identify and understand the emotions of others by:

- Modeling these values yourself.
- Celebrating when you see your children demonstrate them too. Use specific language: "You helped your sister tie her shoes" (by focusing on kind and helpful acts, you'll encourage more of them).

Nurturing Empathy and Kindness: Empathy and kindness are vital qualities that contribute to the well-being of individuals and society as a whole. Fortunately, these traits can be nurtured and developed in children. By actively teaching children to identify and understand the emotions of others, we empower them to become compassionate and considerate individuals.

4

Let them Problem-Solve: With minor sibling squabbles, let your children navigate the issue themselves. Before intervening, take a minute to gain your composure, so that you can model healthy problem-solving and a calm response to conflict.

5

Teach Calming Strategies: Teach children calming techniques like deep breathing, journaling, squeezing a pillow or stress ball, etc. Remind them screaming, calling names, and hitting will only escalate the conflict. If they can calm down first, they can find a helpful solution.