



## FOSTERING HARMONY & RESOLVING CONFLICT BETWEEN SIBLINGS

Getting along with a sibling is a surprisingly complex matter. As children struggle to work out how to get along and share their lives it often results in whining, arguing, complaining, tale-telling, provoking and name-calling that all parents find challenging!

*When parents know how to nurture the sibling relationship and the most effective way to respond to moments of conflict, it creates a more harmonious and peaceful atmosphere at home.*

This workshop covers the following topics:



### UNDERSTANDING THE SIBLING RELATIONSHIP & CAUSES OF CONFLICT

We discuss the dynamics within the sibling relationship and identify major causes of conflict. We also look at some of the ways parents contribute to sibling rivalry as they try to create peace!



### FOSTERING HARMONY BETWEEN BROTHERS & SISTERS

We explore practical ways parents can help their children develop a positive relationship with each other. This includes how we can encourage positive interaction and develop the vital social skills children need in order to enjoy their time together. We look at how we can help our children develop emotional awareness and self-regulation so they become more tolerant of each other, and we discuss the importance of family rules to minimise arguments and disagreements.



### HELPING SIBLINGS RESOLVE CONFLICT

We share the most effective ways to intervene in sibling arguments and fights that lead to improved behaviour, and also nurture the sibling relationship. We find out how to help children learn to recognise and resolve their differences and disputes for themselves. These invaluable conflict resolution skills will help them in other areas of their life too!