

SIBLING STRATEGIES

Building skills to empower siblings to problem solve



During our time of quarantine for COVID-19, we are trying to navigate a multitude of changes including working from home, instructing our kids, managing emotions related to the national crisis, and for many, entering the community as essential workers. As we all work to find a balance and rhythm, many of us have found ourselves trying to help our children manage their emotions and get along with one another. You are not alone! Please consider trying the following strategies to help build these skills in your children.

Teach these strategies to your children when they are calm. Post them somewhere for them to reference. When they are having a problem, prompt them to choose a strategy that will work for them!

STRATEGY 1: TAKE A BREAK

It is okay to feel disappointed, frustrated, or sad. We all do! Sometimes we just need to name our feeling and use a strategy to cope with it. Once they're calm, kids will often realize the problem was no big deal and choose to let it go!



Identify emotions

- Identify your Zone (Blue, Green, Yellow, Red)
- Share your feeling to an adult nearby

Take a calming break

- Go for a walk
- Listen to music
- Read a book
- Practice deep breathing



STRATEGY 2: TALK IT OUT

It's okay to feel big emotions, but we still have to be respectful to others while expressing them.

I-Message

- Have your child express how they feel by using an I-Message.

"I feel ____, when you ____, please ____."

Compromise

- Have your child voice his/her need as well as listen to what his/her sibling needs.
- Challenge your children to find a win-win solution, where both are happy!

Apologize

- Sometimes we react before thinking of a solution to make the problem smaller. In these times, an apology may be appropriate.



"I'm sorry I _____. I know it made you feel _____. Next time I will _____. Is there anything else I can do to make it better?"

