



The Family Pack Lifestyle

Welcome

This is an informal information session that has been developed to help explore and better understand the following subjects:

- Sleep
- Healthy Eating
- Routines
- School Readiness
- **Sibling Rivalry**

We understand that we all parent in slightly different ways, and what one parent does may not work for the other. You need to do what you feel may work best for you and your family. We hope the information in these sessions will be helpful”

Sibling Rivalry



Sibling Rivalry

What is it and what might it look like?

If there is more than one child in the home, sibling rivalry is often inevitable. The challenge for parents' is managing siblings fighting, bickering & teasing. Which can leave parents/carers feeling exhausted and worn out.

It is a concern for almost all parents of two or more children. Problems can start right after the birth of the second child.

What happens in your house?



Competing Siblings?



Why might siblings compete?

- Attention seeking
- Wanting physical contact (Cuddles, holding hands etc)
- Annoying a sibling may seem more exciting than anything else going on because they are bored
- Unable to connect with their sibling (ignoring or reacting to them)
- Power struggle, wanting to be in charge.
- Becoming 'the favourite'

We need to help them to understand that fighting with a sibling is not acceptable. We can help and guide them to have a more positive relationship with their siblings.



Factors that can influence sibling rivalry

Being aware of these may help.

- Birth order
- Children that are close in age
- Understanding your children's different characters
- Gender
- Family dynamics (Step-children, extended families)
- The age of the children (larger age gaps)

Being aware of the factors that influence sibling rivalry can help you to be more understanding and support you to respond in sensitive ways to the sibling issues that arise.



What can you do?

Tips to help prevent sibling rivalry?

- Recognise your child's needs... (see them as individuals)
- Set clear family rules... (clear expectations)
- Good routines...
- Praise them often... (acknowledge positive behaviour)
- Been a good role model... (Children learn from the adult around them)
- Recognise when your child might need some time out
- Let children work it out sometimes... (just listen)





Handouts

Coping with sibling rivalry:

<https://centerforparentingeducation.org/library-of-articles/sibling-rivalry/coping-sibling-rivalry/>

How to stop siblings fighting:

<https://www.sitters.co.uk/blog/how-to-stop-siblings-fighting.aspx>

Helpful tips:

<https://raisingchildren.net.au/school-age/behaviour/friends-siblings/preventing-fights#6-coach-your-children-nav-title>

Teenagers:

<https://raisingchildren.net.au/pre-teens/behaviour/sibling-fights/sibling-fighting>

Sibling rivalry remedies:

<https://www.supernanny.co.uk/Advice/-/Family-Matters/-/Relationships/Sibling-rivalry-remedies.aspx>

Book idea:

Siblings you're stuck with each other, so stick together – James J. Crist & Elizabeth Verdick

https://www.amazon.co.uk/Siblings-Youre-Together-Spirit-Publishing/dp/1575423367/ref=sr_1_1?dchild=1&keywords=siblings+youre+stuck+with+each+other%27&qid=1617010827&sr=8-1

Challenge Time & Feedback

We are now going to challenge you to put this information into practice with your family. Let's see if it makes a difference?

Think about:

- What was helpful?
- What did you find most useful?
 - Was it realistic for you?
- Would you feel comfortable explaining these ideas to someone else?
 - Any challenges?