Home / Mind / Emotional Health / Top 10 tips for every mother to deal with sibling rivalry among kids

EMOTIONAL HEALTH

## Top 10 tips for every mother to deal with sibling rivalry among kids Updated on: 11 August 2022, 23:48 pm IST

Every mother with two or more children goes through a common dilemma - how

to deal with sibling rivalry! Come, get some tips here. Dr. Malini Saba 169 Likes

Smart parenting can help you resolve sibling rivalry issues at home. Image courtesy: Shutterstock There they go again, fighting and yelling about who gets to choose what TV show

tiresome, isn't it? You're frustrated, overburdened, and frankly, sick of your child's continuous arguments. All moms go through this self-questioning around how to

deal with sibling rivalry. So, here we are to help you. What causes sibling rivalry? Your kids don't argue over a TV show or pizza. Rather, birth order and family dynamics create most disputes. Different growth phases and competing for your attention can lead to moments of sibling jealousy or misunderstanding and can have a negative impact on their self-esteem and friendships. Most of these causes, such as age differences and temperament, cannot be changed, and there is no

or movie to watch, who sweeps the floors, and who gets the last slice of pizza.

How often have you had to serve as a mediator between two or more children? It's

## way to permanently end the conflict, but there are numerous ways to limit and improve productive resolution.

Let us share some sibling rivalry solutions with you! How to deal with sibling rivalry at home 1. Turn off your alarm clock:

Observe your children's actions so you can respond before a problem develops or

worsens. For many parents, conflict between siblings might be an automatic

trigger. Stop panicking when it begins. Breathe in deeply. Remind yourself that

clear head. Remember, your children will emulate your calmness if you maintain

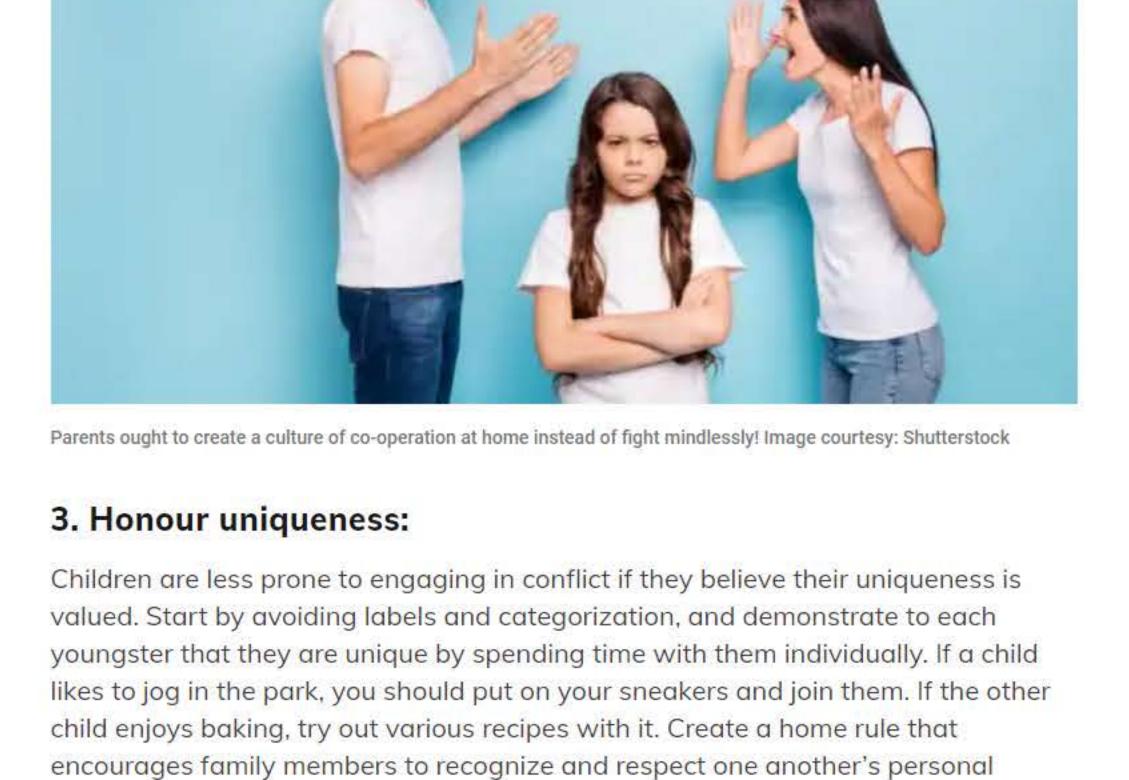
Don't compare your kids, favour one over the other, or urge them to compete.

reacting with anger will not address the problem, despite the fact that the situation seems dire. Repeat the mantra "this is not an emergency" and see the issue with a

2. Create a co-operative environment:

yours.

Create possibilities for co-operation and compromise as an alternative. The manner in which parents connect with one another serves as a model for their children. If your children see you or your partner slamming doors, breaking objects, or having loud arguments, they may perceive it as an acceptable way to handle problems.



can join them, and decide if they want to enjoy alone time. This could help reduce the sibling rivalry.

4. Plan family activities:

space. A child should be allowed to take a break from playing, decide if a sibling

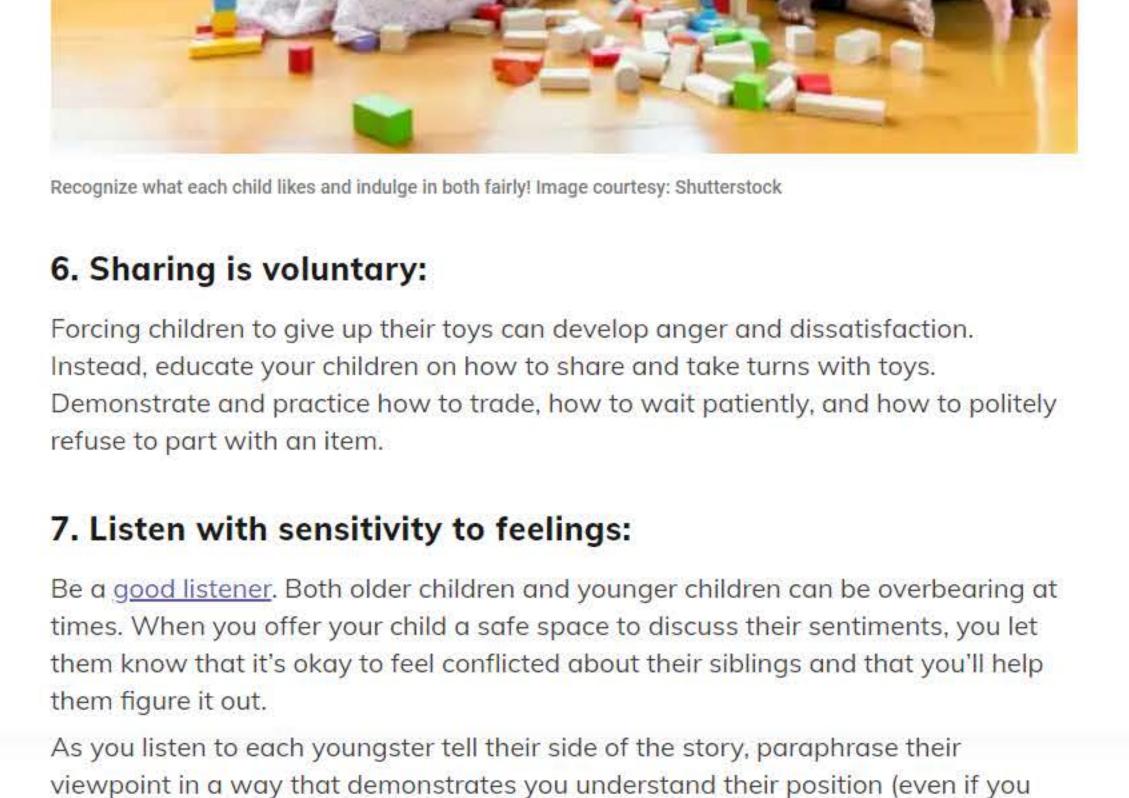
Family dinners, playing board games, spending time at the park, participating in

sports, watching movies, and engaging in other activities are excellent ways for

youngsters to form bonds and share fond memories. Children are less likely to fight with each other and want to spend more time with you when these things happen. 5. Respect children fairly, not equally: Fairness is vital for parents, but fair does not always mean equal. Your children's punishments and incentives should be tailored to their specific needs. For instance, you don't have to offer two children identical toys. Instead, provide kids with toys that are age-and interest-appropriate. Sometimes it's easy to determine who began the fight or who is at fault. Still, refuse to take sides. Rather than pointing

fingers or trying to determine who is at fault, remain focused on teaching both

children how to handle the issue better next time.



## disagree). By putting yourself in their shoes, you realize the incident was difficult for both children.

8. Teach kids problem-solving:

a similar situation in a more constructive and responsible way.

Use conflict as a chance to teach your children problem-solving skills in order to

prevent future disputes. Show them how they could work together, share, or handle

Also check: Think you're a good listener? Take this quiz to test your skill



## enmity. This is the time to impart a lesson, not to make a statement.

10. Hold a family meeting: Gather the family and engage in conversation so that everyone may express

themselves. It's also a chance to create home rules that everyone may agree to

obey. These rules should be displayed in a public area, such as the kitchen, to

Avoid making the talk public if a dispute between siblings necessitates a penalty.

This can embarrass a youngster in front of his or her siblings, leading to increased

