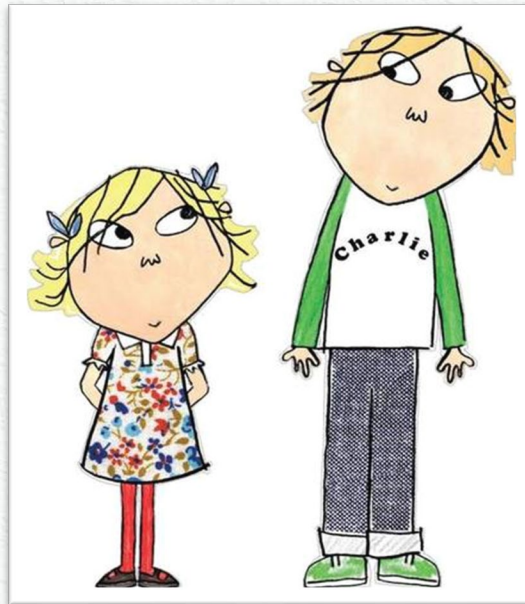


Getting Along: Brothers & Sisters

Your dilemma:

**“Dan and Deanna are at it constantly.
The fighting and the yelling – it’s driving us crazy.”**

**“Leticia’s jealous and constantly arguing with Melissa
because Melissa is in gymnastics and we spend
a lot of time going to her meets.”**



ACTION TIPS

- When bickering starts, acknowledge both parties’ emotions. Encourage your children to express their feelings clearly and respectfully, and give you full attention to what they say.
- Encourage your children to spend time together, doing things they both enjoy.
- Set ground rules about what is OK and what is not OK.
- Avoid taking sides when brothers and sisters argue.
- Allow siblings to resolve most conflicts on their own, but get involved with the situation threatens to become emotionally or physically hurtful.
- Appreciate your children for the individuals they are. Spend time with each of them alone and show interest in their talents and pursuits.



Healthy Me. Stronger Us.
shelteringwings.org/40-assets

WAYS TO SHOW YOU'RE THERE, WAYS TO SHOW YOU CARE

- Be affectionate. Give hugs as often as possible, but respect your children's personal space.
- Look your children in the eye when talking to them. Give them your undivided attention.
- Use loving words daily. Say things like: "I care about you." "I think you're great." "You're terrific."
- Act lovingly toward yourself. Modeling self-care and affection goes a long way.

30 HELPFUL HINTS FOR GETTING ALONG AS A FAMILY

Do ...

- Say "Please" and "Thank you."
- Use proper table manners.
- Disagree without being disagreeable.
- Ask without yelling.
- Listen attentively.
- Be willing to compromise.
- Treat others as you would like to be treated.
- Share willingly.
- Treat each other's property with care and respect.
- Apologize sincerely when apologies are called for.
- Celebrate each other's successes.
- Try to understand each other's pain.
- Be thoughtful – especially if you know a family member is having a difficult day.
- Take responsibility for your own actions and words.
- Smile.

Don't ...

- Lie.
- Hit.
- Snoop.
- Whine.
- Interrupt.
- Use crude language.
- Take each other's belongings without asking.
- Tell each other's secrets.
- Ignore each other's requests.
- Be afraid to speak up when you feel something is wrong.
- Spend all day or night on technology.
- Embarrass your parents, siblings, or children in front of their friends.
- Make plans for each other without making sure they're OK in advance.
- Forget to do your chores.
- Treat each other rudely.

This handout may be reproduced for educational, noncommercial uses only (with this copyright line). From *When Parents Ask for Help: Everyday Issues through an Asset-Building Lens*, copyright © 2003 by Search Institute; 800-888-7828; www.search-institute.org. 30 Helpful Hints adapted from *How Rude! The Teenagers' Guide to Good Manners, Proper Behavior, and Not Grossing People Out* by Alex J. Packer, Ph.D. Free Spirit Publishing Inc., 1997, page 120. Used with permission.

WORKING TOGETHER TO PREVENT VIOLENCE