

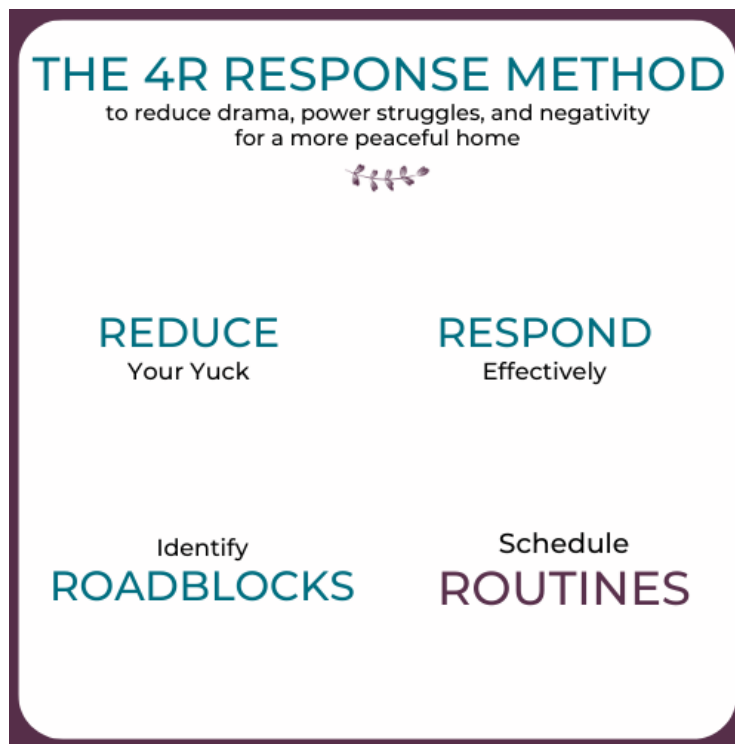
TRAINING: Raising Siblings Who Get Along

AGENDA

The 4R Response Method: Tips from each of the 4Rs

Create your plan

**You can't control someone else's behavior...
but you can control how you respond to it.**



TRAINING: Raising Siblings Who Get Along

Identify ROADBLOCKS

There are 3 ROADBLOCKS that prevent siblings from getting along.

Check those that are possibly relevant in situations you face.

- ☐ Biological Yuck – under stimulation
- ☐ Emotional Yuck – especially SIGNIFICANCE (but also any individual Yuck)
- ☐ Missing skills – especially problem solving skills
- ☐ Other:

Transfer your responses to page 4.

Schedule ROUTINES

Check the routines you want to implement.

Consider addressing the them in the order they appear in the list above.

Addressing under stimulation:

- ☐ Note patterns (When you're making dinner? Weekends with long blocks of time?) and make a plan
- ☐ Prepare for car trips, store trips, etc.
- ☐ Have them work together to find things, make a challenge for you, etc.
- ☐ Other:

Deposit into their Significance accounts:

- ☐ 1:1 time
- ☐ Rituals: handshake, activity, special routine, etc.
- ☐ Sibling Yuck dumps
- ☐ Other:

Teach problem-solving skills:

- ☐ Start lighthearted: Fun "games" at dinner
 - ☐ Have them solve your problems
 - ☐ Work through problems they have together. Ask each what their goal would be; how can they find solution that takes each into consideration?
 - ☐ Other:
-

Suggest relationship-building activities:

- ☐ Have them compete against you
- ☐ Have them create scavenger hunts / obstacle courses for each other
- ☐ Have them create something for you
- ☐ Volunteer activities
- ☐ Other:

Transfer your ideas to page 4.

TRAINING: Make a Plan to Handle Aggression

REDUCE Your Yuck

Your Yuck means that you've detected a threat.

With sibling issues,

- The threat could be related to your children or to your general level of Yuck.
- If you can't stay out of Yuck, you can't help *them* get out of Yuck

Consider changing your story (and reducing the threat) by:

- ☐ Normalizing the behavior:
- ☐ Explaining why you CAN handle it:
- ☐ Identifying one thing that is in your control:
- ☐ Other:

How will you reduce the threat?

Transfer your plan to page 4

RESPOND Effectively

Responding effectively in the moment is about reducing YUCK.

TIPS for responding to sibling arguing in a way that fosters better relationships:

- We have to address EVERYONE'S Yuck FIRST
- When we take sides, it creates MORE Yuck and more competition.
- We can't solve problems until after Yuck is addressed. At that point, we want them to try to solve the problem, not us.
- As soon as kids have the skills to do this on their own, let them resolve their issues.

Examples of phrases to use (and not use):

When one wants what the other has, treat them as INDIVIDUALS.

Instead of telling them everything is equal: "You both got the same exact amount of screen time!"

Instead of justifying your parenting decisions: "He had more screen time than you did because..."

Let them know you hear THEM: "Are you telling me you want more screen time? Let's talk about what you need since what your brother has has nothing to do with you."

When one is being mean:

Instead of telling the mean one why they are being so mean: "How could you talk to her like that?"

Let them know you care about their perspective too: "You really wanted that book that she has. Let's help you figure out how to get it without saying things that hurt her feelings."

When they are fighting over something

Instead of trying to resolve the issue for them: "You give that to her and then..."

Act as an OBSERVER, not a judge, by acknowledging both perspectives: "Sally, you really want that. Sam, you do too. How can we solve this?"

YOUR SITUATION:

How will you respond in a way that fosters better relationships (think: reduce Yuck, don't take sides, help them solve problems)?

Transfer your responses to page 4

YOUR PLAN

PROACTIVELY...

IDENTIFY ROADBLOCKS

- ☐ Biological Yuck – under stimulation
- ☐ Emotional Yuck – especially SIGNIFICANCE and CONTROL
- ☐ Missing skills – especially problem solving skills

ROUTINES TO TRY (One at a time):

IN THE MOMENT...

REDUCE YOUR YUCK

How you will reduce the threat of the arguing:

RESPOND EFFECTIVELY

Responses that foster better sibling relationships:

What you will focus on to not get sucked in:

What you want to make sure to remember: