



## Handy Tips for Parents with Rowing Kids

**A**  
Before doing anything..... Take three deep breaths and stay calm (losing your temper will not help).

### REMEMBER

All brothers and sisters row. It is part of family life. Taking time now to help them learn how to successfully resolve their own rows will save time in the long run.

**B**  
Ask yourself: **Can you deal with this row now?**

**No...** Then calmly and firmly tell the children that they need to behave while you finish what you are doing. If they are fighting over something, like a toy, remove the object. If they are rowing over what do to decide for them.

Tell them you will talk to them as soon as you can. Ask them to take three deep breaths and try to calm down while you finish what you are doing.

**Yes...** If yes, ask them to take big breaths to calm down and then ask them what has happened.



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## C

### How to Talk

1. Find a comfortable place to talk with no distractions (turn television off).
2. Tell the kids you are going to help them sort out what happened so they can work out what to do. Tell them that everyone needs to learn how to soft things out and they will.

### Ask each child

- What happened?
- What did you do?
- What do you think about what happened?
- How do you feel?
- How are you now?
- What do you think should happen next?
- What do you want to do?

*Encourage the kids to start with "I feel....." or " I think.....". Don't worry if the kids have different views.*

**Listen:** Encourage the kids to listen to each other. Listening helps calms them down and find a better solution. Ask them what they think the other sibling is saying (this helps them understand each other)

**Talk:** If an agreement is needed brainstorm some ideas with the kids. If they come up with a good solution then they are more likely to keep it.

1. Write down all the ideas the kids can think of.
2. Ask each child to choose the three they like best.
3. Pick the one they have both chosen and check that this idea will work.
4. Agree that this is what they will do.

It can take time to change how the kids argue. There will be times when it goes wrong but children can learn to sort out their own rows, just like they learn how to dress them selves or read and write. It takes time and patience.

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