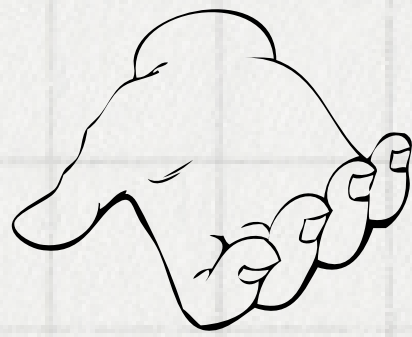


IT'S MINE!

Managing the sibling war

01 TAKE THE ITEM IN YOUR HANDS

Children have a harder time focusing on being fair when they already have the item in their possession. Let the kids know the toy will come back once everyone is calm and in agreement with the plan.



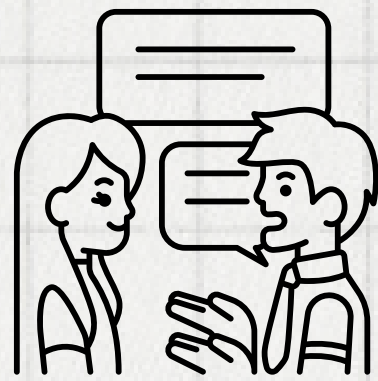
02 CALM DOWN

This includes you! Negotiations go best when everyone is calm. Help your kids settle themselves. This may include taking quiet time in a room, going for a walk, or getting a glass of ice water. Sometimes the whole family may need a break.



03 GUIDE NEGOTIATIONS

Ask each child what they think would be fair for sharing. If one child does not want to share, validate that urge. "It's ok to want to have extra time with the toy." Then offer a time limit "Do you need 3 minutes or 5 minutes?" This can help the child feel enough control to share calmly.



04 TROUBLE SHOOTING

- ✧ One kid won't listen or cooperative: Gently let them know the toy is going to take a break until everyone is calm and ready to talk.
- ✧ Negotiations lead to more fights: Circle back to everyone taking a break and calming down.

