

Decrease sibling rivalry:

1. Improve communication. Encourage child to talk about what they are experiencing when they are engaging in overly argumentative behaviors/rivalries with sibling
2. Improve Empathy. Encourage child to imagine he/she is being treated the way they are treating the sibling. What would it feel like to be in their shoes? Help the child find words for emotions they are feeling.
3. Accountability or Consequences. The child will be given a consequence that makes sense. They must choose a "chore" from the jar (see below), or do something kind for the sibling.

Encourage cooperation through games, do not allow name calling, hitting (even lightly), cheating etc. Give them chores to complete together for a mutual benefit (if we finish by 1 we can go to the movies, play a game, go to park, etc).

#### CHORE JAR

create jobs on slips of paper and put into a container. When a child behaves abusively toward the sibling, he/she must choose a slip of paper and complete the task immediately.

Sweep porch

Sweep floor or run vacuum cleaner on first floor/second etc

Wipe counters and lower kitchen cabinets (depending on height of child)

Load and/or Empty dishwasher

Neaten up family room (bring personal items to room, straighten pillows, take cups to kitchen etc)

Clean mirrors and glass in house

Dust surfaces

Fold laundry

Wipe baseboards

Organize pantry closets

Scrub household toilets

Something Kind: put away their laundry, lay out school clothes for them, serve their next meal to them, bring them a cup of juice, write them a kind note of what they appreciate about the sibling.

Common Emotions: Irritated, annoyed, frustrated, hurt, unimportant, sad, angry, lonely, jealous, tired, ignored.

Experiencing these can trigger an outburst. Parents can identify these and interrupt the child's cycle by doing the above before the child reacts.