



# CHECKLIST

7 Ways to defuse Sibling Rivalry immediately

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### Practical First Aid Tips for More Harmony in the Kids' Room

"*Siblings fight – that's normal. What matters is how we as adults respond.*" Arguments between siblings are just as much a part of family life as playing together. Children test their limits, practice handling conflicts, and learn important life skills along the way. But when tempers flare, it is not always easy to stay calm. With these seven strategies, you can defuse conflicts, smooth things over, and gradually pave the way toward a more peaceful family life.

- ★ **Stay calm:** Take a deep breath first. Your composure has an immediate calming effect on your children and prevents the situation from escalating unnecessarily.
- ★ **Set a stop signal:** Interrupt the argument clearly and calmly – for example, with an agreed word or hand gesture. This creates a short pause in which everyone can regroup.
- ★ **Hear both sides:** Let each child briefly explain what happened. Simply feeling heard reduces tension and prevents one from feeling disadvantaged.
- ★ **Name the feelings:** Help your children put their emotions into words ("*You are angry because ...*"). This builds understanding instead of blame and makes it easier to take the next step.
- ★ **Use humor:** Sometimes an unexpected "*Bäh*" with your tongue sticking out or pulling a funny face is enough to break the pattern. Laughter dissolves tension and opens the door to reconciliation.
- ★ **Encourage compromise:** Support the children in finding a solution they can both live with. Even small, creative compromises strengthen their ability to resolve conflicts on their own.
- ★ **Strengthen positive moments:** Offer praise when the children play peacefully together or find a solution on their own. They learn: cooperation pays off and feels good.

Sibling conflict is not only exhausting but also a valuable learning opportunity. Your attitude shows your children that conflicts can be resolved respectfully and fairly. At the same time, you strengthen the relationship between siblings by giving guidance without taking sides.

For many more practical ideas on creating a harmonious family life, visit [ChildHelp.info](https://ChildHelp.info) or explore the E-Book on **Sibling Rivalry** available in the shop.

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## Self-Care – The Key to greater Serenity

Self-care is a quiet, loving companion on the journey back to yourself. Because self-care is not a luxury and not selfishness. It's a necessity. Especially in everyday life with children, when everything happens at once: tantrums, exhaustion, guilt, perfectionism. All of it drains you – often silently and invisibly. This book is a gentle reminder that you are more than just a "functioning parent." That your needs matter. That taking care of yourself isn't selfish – it's brave. Strong. And healing.

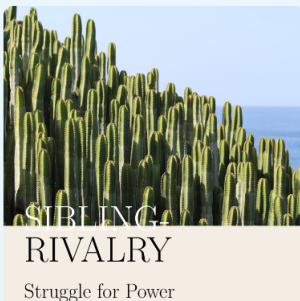
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## Token-System – Reward-System

A token system is a method of positive reinforcement designed to encourage desired behavior in children. The basic idea is simple: A child receives a \*symbolic reward\* – a token – for a specific behavior. This token can later be exchanged for an actual reward. The system has its roots in behavioral psychology and has been successfully used for decades in schools, therapy settings, and families.

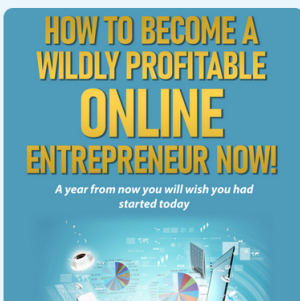
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## Sibling-Rivalry

If you have more than one child, you know them all too well: the small and big conflicts of everyday life. Whether it's about the favorite toy, the bigger slice of cake, or simply about being "right" – sibling fights are exhausting, loud, and often nerve-racking. And yet, they're a natural part of family life. But you're not powerless. With a bit of background knowledge, a dose of empathy, and the right strategies, you can not only help defuse the tension – you can even turn it into an opportunity.

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