

Encouraging Healthy Sibling Relationships

Many siblings are competitive with each other, and healthy competition in children is developmentally appropriate. It's the parents' job to notice when healthy competition turns into sibling rivalry.

- Treat your children as unique individuals and avoid showing favoritism, as it can lead to jealousy and fighting between siblings.
- Allow siblings the opportunity to resolve their conflicts. Be sure to recognize their efforts and praise them when they find a solution.
- Spending quality time with each child can be important in minimizing sibling rivalry. Try creating a special activity with each child that includes one-on-one time.



October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FIRDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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getparentingtips.com/kids/relationships/sibling-rivalry-in-children-and-teens

