



Working out Sibling and Friend Fighting

by Judy Arnall, Certified Family Life Educator

"Give me that!" "No, dumb face!" "No fair, it's my turn!" "Get lost!"
Sound familiar? This happens every day, in every house with children, everywhere in the world.

How to respectfully work out issues between squabbling friends or siblings? Easy. You are the adult that can facilitate the conflicted parties talking to each other. The adult is the facilitator, not the judge and jury! You don't need to find out "who dunnit." You are going to get them to "resolve it".

1. Active Listen to each person in front of the other person

"You felt ____ (insert feeling word here) because ____ (insert their situation)."
And Jason, you felt ____ (insert feeling word here) because ____ (insert their situation)."

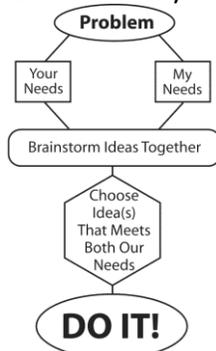
2. Have them repeat their feeling/annoyance in an "I-statement."

"Hey, I feel annoyed when I wait here forever and you won't give up the game."

"Well, I feel pressured when you want the game and I haven't gone up the level I am aiming for."

3. "What are your options?"

Surrender, Leave, or Problem-solve



Check Back - Is It Working?

- Surrender is letting it go.

- Leaving the situation, physically, or emotionally
- Problem-solving is brainstorming solutions, then evaluating them, choosing a few and writing them out.

4. What are some other ways to work it out?

Generate class/family/group "rules" from them

Rock, paper, scissors

Pick a number from one to ten

Put names/ideas in a hat and draw one

Flip a coin with heads or tails

"Reserved" or name cards

"Bigger person" button

Time schedules, sign-up sheets, contracts

Tokens

Suggest/reject volley

Offer more desired alternative to get what you want

Judy Arnall, BA, DTM, CCFE, currently teaches parenting at The University of Calgary, Continuing Education, and has taught for Chinook Learning, Families Matter, and Alberta Health Services for the past 13 years. Judy is the author of the International bestseller, ***Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** and the newly released ***Parenting With Patience: Turn frustration into connection with 3 easy steps***. WWW.PROFESSIONALPARENTING.CA
Jarnall@shaw.ca 403-714-6766, Join our list for monthly notifications of free parenting webinars

Judy has written bestsellers:



Judy is authorized and certified to teach:

