

How to Help Siblings Reconnect

1. Reflect what's been happening

"I've been noticing lately that you guys have had a really hard time getting along. You both seem so mad at each other and you guys are arguing a lot."

2. Give each child time to talk

"Tell your bother what he does that makes you angry." Ask the other child to just listen they'll get a turn in just a minute."

3. Reflect and Get Clarification

"Can you tell me what makes your brother mad?" Child repeats back what their sibling said. Parent also summarizes and asks any questions to clarify.

4. Problem Solve Together

Spend time together problem solving the issues and what each child can do to in the future.

5. Build Connection

"What are 3 things you appreciate or like about your brother?"

