No Fighting, No Biting
Managing Sibling Conflict
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Brotherly Love - Or Not!

The Good Bad and Ugly of Being and Having a Sibling
SIBLING RIVALRY
A natural part of every family
When people say, "I wish I had as many siblings as you!" I show them this picture.
Girls, where's you sister?
FAMILY OWNED
SHUT UP
NO
YOU SHUT UP
I'm dressed just like my sister

I'm dressed just like my sister

Haha

abdu178, ifunny.mobi
I opened the fridge and bleesed the heavens...

I hate my brother
"Siblings: your only enemy you can't live without."
—Anonymous
Questions for This Evening

• What is important in this family?

• What is it like to be you?

• What to do when things don’t go as planned?
What is important in this family?

- Choose 1-3 expectations/values/rules
- Explicitly state and teach them
To be a good family.

We need to be kind.
We need to be happy (helpful).
Let other people go first.
Work together.
Be honest.
Be positive.
Be respectful.
Think about other people's feelings.

We need to try hard to be more loving.
We need to try to get a good sleep.
Be not greedy.
Now Celebrate!

When you see what you want, celebrate it!
Empathy
What is it like to be you?

Brene Brown

https://youtu.be/1Evwgu369Jw
• **Siblings Without Rivalry** by Adele Faber and Elaine Mazlish

Discussion:

How did it feel to be the “other” partner?

What would you want to hear?
All feelings are ok. It’s what we do with them that counts.
A Sibling with a Disability

Siena Ruggeri
8 Things I Wish My Parents Knew About Being a Special Needs Sibling

- We have our own special needs.
- We are not mini-adults.
- Our perspective matters.
- Being strong is tough.
- We see our siblings as people first.
- Being a sibling is part of our identity.
- We care about what our siblings are going through.
- We love our siblings fiercely.
BUT then what?

Siblings are going to fight.
You don’t have to be friends, but you do have to live together.

- Teaching interpersonal coping skills
  - Tell how you feel - “Stop”
  - Let it go - “Walk”
  - Ask for help - “Talk”
"First a brother, then a bother, now a friend."

–Anonymous