

When Children Fight What Do I Do?

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Every parent gets frustrated sometimes at the way children relate to one another as they are growing and learning. Perhaps you are blessed with a home where your children never fight with each other. If you are, WOW! If however, you are like me, and have some sibling rivalry, I would like to offer a few suggestions:

1. When you can ignore minor fighting, I suggest you do so. Let the kids work it out. If you don't, then the children will never learn how to resolve conflict on their own.
2. Use these opportunities as teachable moments. Help your children become problem solvers so that they can learn to resolve their own conflicts with grace and peace.
3. Ask questions like:
 - "What's going on here?"
 - "How are you going to solve it?"
 - "What can you do about it now?"
 - "How can you handle it next time?"
4. Listen for their feelings and affirm what you hear.
5. Use as few words as possible to state what you expect. Refrain from lectures or threats.

Families that take time to listen to one another, respect each other and talk together honestly about conflict will diminish the degree of sibling rivalry.