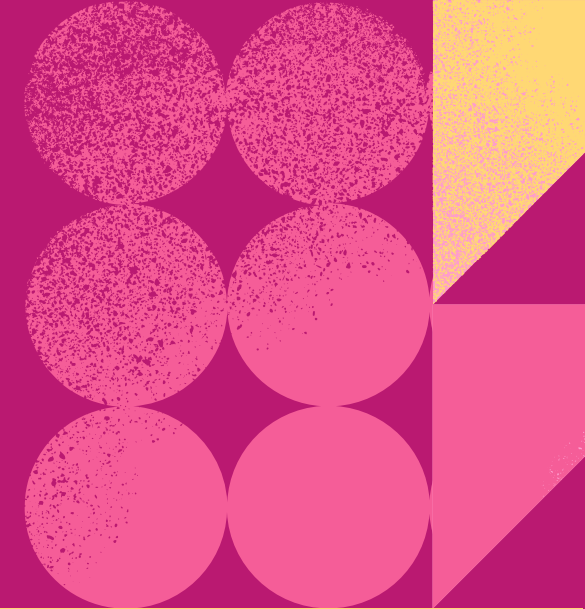


Tips for Nurturing a Strong Sibling Bond



ENCOURAGE CARING AND POINT OUT WHEN IT HAPPENS

“Look, your brother is coming to check on you.”
or “Hey, could you go get your sister the ice pack/ her lovey/ a band-aid?”

MAKE SURE SIBS SUPPORT EACH OTHER AT SPECIAL EVENTS

- Sporting Events
- School Presentations
- Recitals

MAKE A HABIT OF SAYING GOOD NIGHT

Create a ritual of having siblings say good night to each other every night. Try to find a special way that only they do.

SIBLING SPECIAL TIME

Facilitate an activity they both will enjoy doing together.

RULES ABOUT SHARING

Many sibling squabbles can be avoided by having clear rules about sharing including child-led turns.

GIVE GIFTS AT HOLIDAYS AND BIRTHDAYS

Encourage them to spend their own money and you match whatever they contribute.

TALK ABOUT ONE SIBLING TO THE OTHER SIBLING

“Which kind of popsicles should we get him? You know him so well.” or
“Your sister mentioned that it was so cool to see how high you could swing at the park this morning.”

HELP THEM WRITE NOTES TO EACH OTHER

If one has a big test that day or just because, have sibs write little notes of encouragement and caring.

KIDS AGAINST PARENTS

Put them on the same team for family board game night, tag or other family games.