

From Chaos to Connection: The Sibling Edition



1

Stay Calm Yourself

Model emotional regulation—your calm helps regulate their nervous systems.

2

Be the Neutral Narrator

Describe what you see without judgment: “I see two kids both wanting the remote.”

3

Name the Feelings Out Loud

“It sounds like you’re feeling frustrated because you were playing with it first.”

4

Pause Before Problem-Solving

Let emotions settle before jumping to solutions; otherwise, they can’t think clearly.

5

Acknowledge Both Sides

Make sure each child feels heard—even if one started it: “You’re both upset, and that matters.”

6

Avoid Taking Sides

Even if one seems more at fault, focus on what needs to happen next, not blame.

7

Talk About Triggers

Help each child understand what sets them off and how to manage it.

8

Involve Them in Finding Solutions

Ask, “What do you think would be fair?” to build empathy and problem-solving.

9

Use “You Both Want” Language

“You both want a turn” promotes shared goals instead of division.

10

Celebrate Repair Attempts

Notice when they say sorry or try to make it right—praise the effort, not just outcomes.

11

Encourage “I Feel” Statements

Teach them to say, “I feel angry when...” instead of yelling or blaming.

12

Teach the Power of the Pause

Help kids learn to walk away, take a breath, or count to ten before reacting.

13

Create a Family Calm Corner

A shared space to cool down supports emotional self-regulation.

14

Rehearse Conflict-Resolution Scripts

Practice phrases like, “Can I have a turn when you’re done?” when everyone’s calm.



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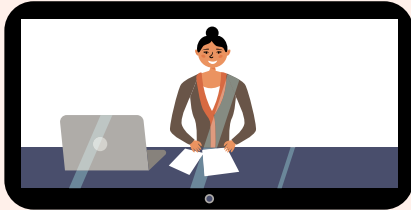
Use “Special Time” to Prevent Resentment

Spend one-on-one time with each child to reduce jealousy and competition.

16

Model Conflict Resolution in Your Own Relationships

They learn more from watching you than hearing a lecture!



17

Don't Force Apologies

Instead, guide them to understand impact and choose how to make amends.

18

Reflect After the Storm

Once calm, talk about what happened and what they could try next time

19

Encourage Team Identity

Use language like “We’re a team,” “Siblings help each other,” or “Team Pinto!” (use your last name!

20

Focus on Connection Over Correction

When conflict happens, ask yourself: How can I build connection here first?



Use my list of 20 emotionally intelligent strategies to support sibling arguments and foster long-term cooperation and connection. They are grounded in emotional intelligence principles like self-awareness, empathy, emotional regulation, and respectful communication.

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