



Sibling Rivalry Survival Guide

Because love runs deep—and so do the arguments over who got the bigger cookie

Why Sibling Rivalry Happens

- Competing for attention, praise, or parental time
- Differences in age, personality, or developmental stage
- Feeling misunderstood or compared
- Boredom, stress, or lack of personal space
- Testing boundaries and learning conflict skills

 Reminder: Rivalry is normal. It's also an opportunity to teach empathy, communication, and problem-solving.

What Parents Can Do

Stay Neutral (Even When You Want to Scream)

- Avoid taking sides—focus on the behavior, not the blame
- Use phrases like “Let’s solve this together” instead of “Who started it?”
- Encourage each child to share their perspective calmly

Teach Conflict Skills

- Practice “I feel...” statements: “I feel left out when you don’t let me play”
- Role-play solutions: “What could you say instead of yelling?”
- Use a “Peace Table” or calm-down corner for resolution time

Celebrate Individual Strengths

- Avoid comparisons (“Why can’t you be more like your sister?” = rivalry fuel)
- Highlight each child’s unique talents and contributions

- Give one-on-one time to each child regularly



Create Shared & Solo Time

- Plan activities they can enjoy together (games, crafts, baking)
- Respect their need for solo time and personal space
- Rotate responsibilities to avoid "Why do I always have to...?"



Printable Tools to Pair With This Guide

- "Sibling Bingo" for acts of kindness, sharing, and teamwork
- "Conflict Decoder" worksheet: What happened, how it felt, what to try next
- "My Superpowers" cards to celebrate each child's strengths
- "Peace Pact" scroll: A playful sibling agreement with signatures and stickers
- "Kindness Tracker" for shared goals and rewards

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