



How can I help at home?



Top strategies for positive relationships between siblings.



The key to managing interactions between siblings is to have routine and space timetabled as well as opportunities for plenty of exercise.

If at all possible it is a good idea if children can have their own work-space area preferably with little distraction around.

- Model and remind everyone to try and speak calmly even when frustrated.
- If playing games/doing an activity together, take time to establish and be clear on the rules at the beginning and how the activity will be carried out.
- Try activities that need: co-operation not competitiveness, have set roles and talk to your children about what to do if they feel they are beginning to get annoyed/cross

Encourage children to: -

- **STOP!**
- Take yourself away from the situation.
- Find your own calming space e.g. bedroom if it helps play soothing music, wrap yourself in a special blanket, cuddle a toy or use a fiddle object.
- Use a visual timer e.g. sand timer to help focus breathing and bring emotions back to normal.
- When calmer try to find a resolution/talk through what the problem was with an adult.



Ask the question – Has someone misunderstood what I meant?
Have I misunderstood someone?

Talk calmly through the problem. Try to apologise if you have behaved inappropriately.

- Use an emotions thermometer to check where you are. Are you still in red or calming down and in green? Notice are you breathing normally, body more relaxed, not as hot.

