

Quarrels Hurt Relationships ?

Tips for Handling Sibling Conflicts



Calm first, understand next, then solve together—
help children learn to get along peacefully



Sibling arguments are very common

- Not every disagreement needs to be handled right away
- Sometimes it is better to observe first and give children a chance to solve it themselves
- If there is screaming, crying, hitting, throwing things, or insulting language, parents should step in immediately
- When parents stay calm and model good behaviour, children learn how to manage their emotions

01 Pause and calm down

Separate the children first so the argument does not get worse. Parents should also calm themselves before responding.



02 Observe carefully and show understanding

Try to describe how each child may be feeling, without rushing to judge who is right or wrong. For example: "You're upset because your sister took the toy."



03 Set clear limits

Tell children clearly what behaviour is not acceptable. For example: "Hitting is not allowed. Your sister could get hurt."



04 Solve the problem together

Help the children think of a solution, such as taking turns, swapping toys, or asking before joining in.



What parents can say

- "I can see that you are very angry right now. Let's pause first."
- "Do you really want to play with this toy?"
- "Hitting is not allowed."
- "Let's think together about what you can do next time."

What to avoid

- Rushing to act as judge.
- Always expecting the older child to give in to the younger one.
- Only explaining logic while ignoring feelings.
- Scolding immediately when emotions are still high.



Gentle Reminder

- Deal with the feelings first, then the problem
- When parents stay calm, children learn to stay calm too
- Learning to solve problems together helps build a stronger relationship

