

HOW TO HELP YOUR CHILDREN GET ALONG



Let's face it. No children get along all the time. Disagreements between brothers and sisters are a part of family life. Here are some things to consider:

- Make sure your **expectations for your children's behavior are realistic**.
- Lay down very **clear family rules**.
- Try not to take sides.
- When possible, allow your children to **work it out themselves**. Take a deep breath, tell them what you expect, and walk away.
- **Don't compare your children**. The question "Why can't you be more like your brother or sister?" is hurtful and negatively affects their self esteem.
- Praise each child for their **individual strengths**.
- Remember what is fair isn't necessarily what is equal. Explain that **each child is different**, with their own needs and their own interests.
- The key to helping your children get along better is to make sure they know they can settle their disagreements by themselves. Let them know you are certain about their ability to work things out without you.