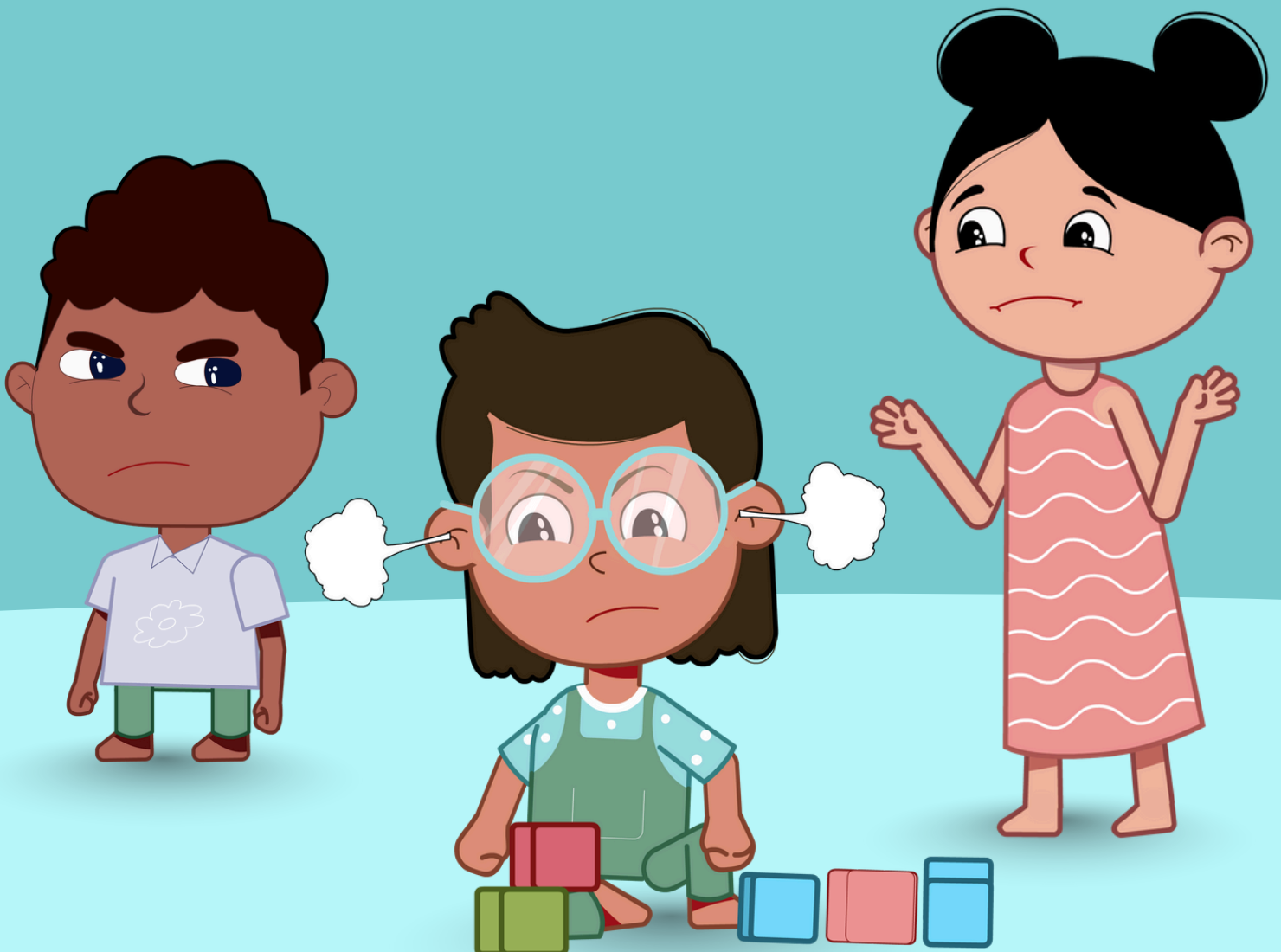


NAVIGATING SIBLING RIVALRY

A practical guide for real-life families (Ages 3–8)





Why Siblings Fight (and Why It's Normal)

If your kids switch from best friends to mortal enemies in 3 seconds — you're not alone. Sibling rivalry is one of the most common (and healthiest!) parts of childhood.

Kids fight because:

- They're still learning sharing, patience, and self-control
- They want your attention (even negative attention counts!)
- Their personalities + energy levels clash
- They're figuring out their identity - "Who am I in this family?"

Good news:

Sibling rivalry is not a sign of bad parenting — it's a sign your kids feel safe enough to express big emotions. Your job isn't to stop every fight... it's to guide them through it.



Follow us





Practical Ways to Reduce Daily Conflicts



Give each child “special parent minutes”

- Just 10 minutes of 1-on-1 attention reduces 80% of fights.
- Kids fight less when they feel seen.
- Keep it simple: reading, talking, cuddles, helping in the kitchen.

Avoid taking sides – name the problem instead, not the child

- ✓ “Why did YOU hit him?!”
- ✗ “Looks like we have two kids who want the same toy. Let’s solve that.”

This reduces shame and keeps the focus on solutions.



Use the “Two Choices” trick

Give them options to feel in control:

- “Take turns.”
- “Play together with rules.”
- “Find separate activities for 10 minutes.”

Kids calm quicker when they feel involved in the solution.

Praise moments of teamwork loudly



Catch them being kind:

“I love how you shared that!”

“You solved that without me – wow!”

Kids repeat what gets noticed.



Create a “Peace Plan” together

Sit with both kids and make 4 simple family rules like:

- No hitting
- No grabbing
- Ask for help
- Use words

Let them decorate the sheet – they’ll follow rules they helped create.

Separate before solving (don’t force apologies immediately)

When emotions are high, nobody can problem-solve.

Give space first:

- Different toys
- Different corners
- A small “reset break”

Then talk when they’re calmer.



Follow us





Teaching Skills That Actually Reduce Rivalry



Teach children to NAME their needs

Kids often fight because they don't know how to express:

- "I want to play alone."
- "I want to choose."
- "I want you to watch me."

Help them build scripts:

- "I'm not ready to share yet."
- "Can we take turns?"

Build empathy through tiny habits



- Ask: "How do you think he's feeling?"
- Describe feelings out loud.
- Play switching games: "Today, you be the little one, and she's the big one."

Empathy grows through practice, not lectures.



Use teamwork games

Fun ideas:

- Build a Lego tower together
- Cook "one dish each" and plate it together
- Make one big drawing on a shared sheet
- Solve puzzles as a team

Team success reduces "me vs you."

Teach them how to "reset" after a fight



Little rituals help kids repair their bond:

- Hug
- Draw together
- High five
- Share a snack
- Read next to each other

Not forced apologies – real reconnection.



Give each child their "special space"

A tray, a box, a shelf – something that is just theirs.
This small autonomy reduces 50% of "That's mine!" moments.

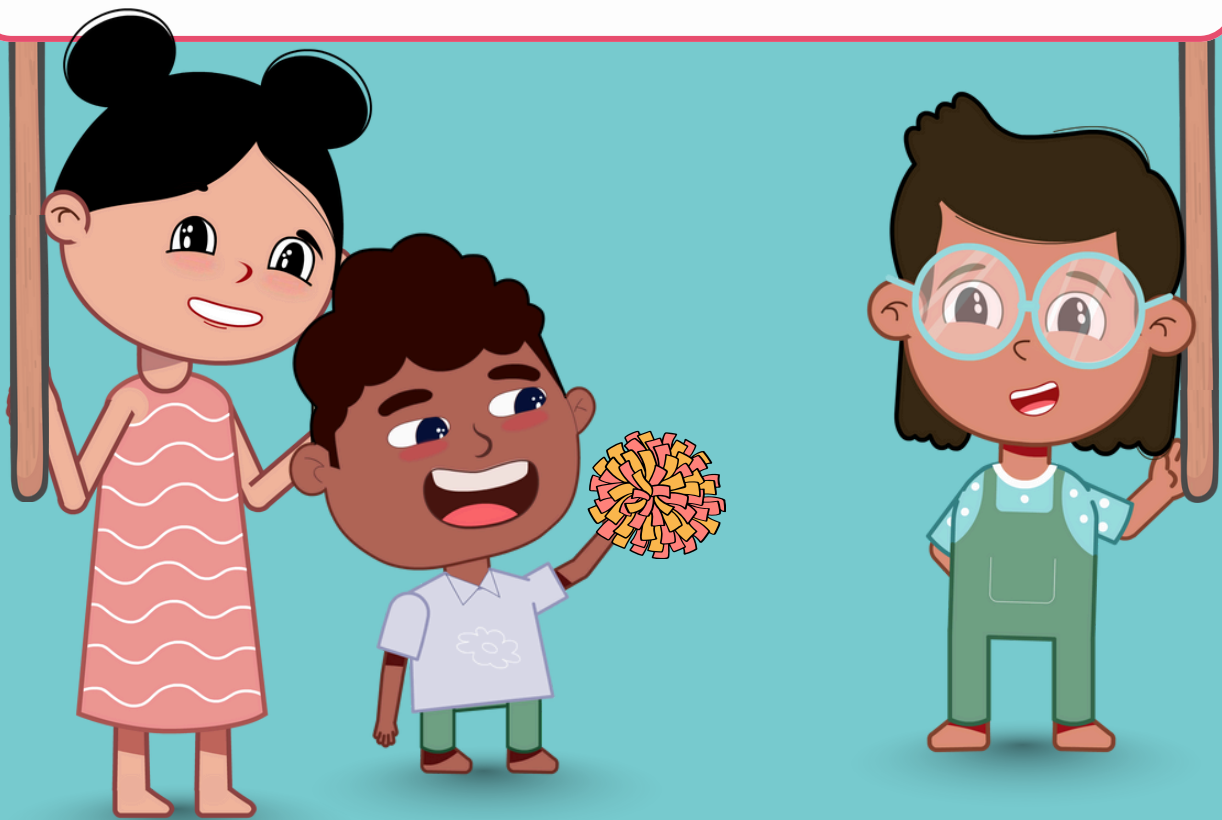


Follow us



Parent Reminder

Sibling rivalry does not mean your kids don't love each other. It means they're growing socially, emotionally, and learning how to be humans. And you're doing beautifully — even on days that feel like a referee job. Every small effort you make helps your kids learn teamwork, empathy, and problem-solving that lasts a lifetime.



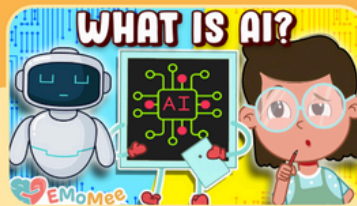
Follow us





About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



Follow us

