





10 WAYS TO STOP FIGHTS BEFORE THEY START


- **01. Set Clear Expectations**


Remind your kids of the house rules before play begins.


Involve your kids in deciding what to play.
- **02. Plan Activities Together**


Celebrate Moments of cooperation.
- **03. Praise Team Work**


Ensure your kids are well fed and rested.
- **04. Create a Calm Environment**

Encourage "I feel" statement.
- **05. Teach Them to Share Feelings**

Separate kids briefly to cool down.
- **06. Take Breaks When Needed**

Ask, "How can we solve this together?"
- **07. Encourage Problem Solving**

Dont assign roles like "troublemaker" or "Instigator"
- **08. Avoid Labels**

Reward good behaviors consistently.
- **09. Use Positive Reinforcement**

Show how to solve conflicts calmly.
- **10. Model Healthy Communication**

1. "WHY DID YOU DO THAT?"

Instead of accusing, start with curiosity.

2. "I DIDN'T LIKE THAT. CAN WE TRY SOMETHING ELSE?"
Encourage direct communication

3. "THAT HURT MY FEELINGS"

Teach kids to express emotions

SCRIPTS TO HELP SIBLINGS RESOLVE CONFLICTS

4. "CAN WE WORK TOGETHER TO FIX THIS?"

Foster collaborations

5. "NEXT TIME, CAN YOU ASK BEFORE TAKING"
Encourage boundary setting

6. "LET'S MAKE A PLAN SO WE BOTH GET A TURN"

Promote fairness

Fun activities to build connection and teamwork



Build a fort together:
Encourage teamwork
and creativity.

1

Cook or bake as a
team: Assign roles to
promote collaboration.

2

Create art projects:
Work on a mural or
large drawing together.

3

Family game night:
Play cooperative
board games.

4

Plan a treasure
hunt: One hides, the
other searches.

5

Gardening together:
Grow plants and
share responsibilities.

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