

SIBLING CONFLICT RESOLUTION

STEP 1

Cool Down

- Take three deep breaths
- Move to separate spaces if needed
- Wait until voices are quiet

STEP 2

Share Perspectives

- Use "I feel..." statements
- No interrupting the speaker
- Listen to understand, not to argue

STEP 3

Brainstorm

- What are three ways to fix this?
- Can we share or take turns?
- Is there a compromise?

STEP 4

The Agreement

- Choose the best solution
- Apologize for specific actions
- Shake hands or hug

Our Resolution Notes

"We are a team. We solve problems together."