

SIBLING RIVALRY MANAGEMENT

Date: _____

Children: _____

CONFLICT TRIGGER	RESOLUTION STRATEGY USED	OUTCOME / SUCCESS
	Cooling off period Active listening Turn-taking timer	
	Redirecting focus Collaborative solution Family meeting	
	Use of "I" statements Compromise reached Adult mediation	

Weekly Goals:

List specific behaviors to encourage (e.g., sharing toys, using kind words)...

Focus on progress, not perfection.