

SIBLING RELATIONSHIPS

As parents we know that our children will most probably outlive us and we always desire for our children to have quality relationships, be good mates, so that they will support each other when we are no longer around. Reality can look very different though, but we have an opportunity to support our children to learn how to manage their emotions, negotiate, assert themselves and ultimately how to build a quality relationship framework through their sibling relationships. By our active involvement, we can support them to develop the skills to have a quality sibling relationship as opposed to being sibling rivals.

Sibling relationships are often a child's first and longest-lasting social connection. These bonds can offer companionship, support and opportunities to develop important life skills such as empathy, negotiation and conflict resolution. However, like all close relationships, sibling dynamics can be complex. Differences in temperament, age, needs and parental attention can all contribute to tension or rivalry. It's not uncommon for children to compete for attention, especially during times of change or stress.

As a parent or caregiver, your role in shaping the tone of sibling relationships is vital. Creating a home environment that celebrates each child's unique strengths and avoids direct comparisons helps reduce rivalry and fosters mutual respect.

By listening without judgement, teaching emotional regulation, and supporting each child's individuality, you can create a family culture where siblings feel secure and valued. This edition of SchoolTV offers insights to support young people in developing positive, lasting sibling bonds that can remain strong well into adulthood.

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These are some key points about practical strategies parents can implement to support children to have sibling relationships as opposed to sibling rivalries.

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Mrs Jacoline Petersen
Director of Student Counselling

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