AGES 3–14 | QUICK-RESPONSE GUIDE

When Siblings Fight



WHAT THIS IS

Siblings compete for attention and resources.

HOW TO USE IT

1. Stay neutral
2. Separate if needed
3. Let each speak

EXAMPLE

"I see two upset kids. Take a break, then we'll find a fair solution."

Why this happens

Siblings compete for attention and resources. Fighting is normal, and it is also a chance to teach conflict skills.

What your child may need

A chance to be heard, help solving problems, and time apart when heated.

Try this

1. **Stay neutral**
   Do not decide who started it. Focus on solving.
2. **Separate if needed**
   Give each child space to calm down first.
3. **Let each speak**
   One at a time: "What happened? What do you need?"
4. **Problem-solve together**
   Ask: "What could you do next time?"

Try saying:

"I see two upset kids. Take a break, then we'll find a fair solution."

Avoid:

Taking sides, comparing siblings, or always stepping in immediately.

My plan this week

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.