

Sibling Conflict Resolution Framework

Guide children through sibling conflict as a mediator and coach — building lifelong conflict resolution skills.

Name: _____ Date: _____ Clinician: _____

Purpose: Sibling conflict is normal and can actually be a powerful learning ground for conflict resolution, negotiation, and empathy — if parents guide it well. This framework helps you support children through conflict without taking sides or solving it for them.

SIBLING CONFLICT IN OUR FAMILY

	Never	Rarely	Sometimes	Often	Always
Sibling conflict in our home is frequent and escalates quickly			■	■	■
I often feel pulled to take sides in sibling disputes			■	■	■
Physical altercations occur between siblings			■	■	■
One child tends to be more aggressive or dominant in conflicts			■	■	■
My children have difficulty resolving conflict without adult intervention			■	■	■
Sibling conflict significantly disrupts our family's peace and functioning			■	■	■

THE PARENT'S ROLE IN SIBLING CONFLICT

Your job is not to be the judge — it is to be the mediator and coach. When you take sides or solve the problem for them, you rob children of the chance to develop crucial conflict resolution skills. Your goal is to help each child feel heard and guide them toward their own solution.

THE FRAMEWORK — STEP BY STEP

- Step 1: Separate if needed** Give each child space to calm down before problem-solving.
- Step 2: Hear each child** Listen to each child's perspective without judgment. "Tell me what happened from your side."
- Step 3: Reflect back** Summarise what each child said so they feel heard. Do not evaluate.
- Step 4: Name the feelings** "It sounds like you felt angry / left out / frustrated."
- Step 5: Problem-solve together** "What could you both do differently?" Generate options together.

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Step 6: Agree and follow up Settle on a solution both can live with. Check in later.

REFLECTION & INTEGRATION

Our most common pattern of sibling conflict and what usually triggers it:

What I will try differently next time conflict arises:
