



# MINDSCAPES

MAY 2016

*Sibling Ties* are about how the brothers &/or sisters born to the same parents relate with each other. The journey of growing up with the sibling/s is unique in itself and can have a direct effect on each other's personality. Everyone may not have similar experience while growing up with their sibling/s. Some can be characterized by intimate closeness or some may have shades of jealousy, competition or bitterness.

Regardless of how the siblings are related to each other, they share an inseparable bond among themselves. Through this Newsletter, we intend to make this bond stronger and inseparable.

*Sisters are beloved angels whom  
God sent  
to be beside us through  
thick & thin.*

*A  
Brother is a FRIEND  
given by  
Nature*



*Gender of the sibling affects the way the sibling will relate to other sibling/s. Children of the same gender compete with each other, while siblings with opposite gender will have power struggle.*

*Birth Order refers to the order a child is born & has several associated qualities like firstborns are controlling & reliable, the middle ones are rebellious & social, the youngest are outgoing & altruistic.*

*Personality traits like temperament and sociability shape the relationship the siblings share with each other and help them develop their unique and individual identity.*

*Sibling Rivalry is the complicated nature of relationship that the siblings share with each other.*

*It involves jealousy, competition, aggression, and/or bullying with varying intensity.*

*Such rivalry among the siblings leaves parents extremely exhausted, helpless and out of control.*

*It is therefore very important to understand what makes siblings fight. Some of the factors that can instigate or create such rivalries are discussed here.*



**SIBLING**

**RIVALRY**



**Unique Personality:**

*Each sibling has their own temperament and distinct mannerisms that reflects in their behaviour with each other.*

**Parental Attention:** *This can be a major cause for sibling rivalry. Children vying for this will act out or misbehave so as to not feel ignored.*

**Sharing:** *Children find it hard to give up a toy or share it with their siblings.*

**Unequal Treatment:** *Parents showing favoritism towards a particular child can trigger rivalry among siblings.*

*Sibling Ties between the children is what any parent would dream of. However, sibling rivalry is an inevitable, but normal part of this relation. Given below are some guidelines that can be followed & exercised so as to bring some harmony, if not, entirely stop these conflicts.*



***Fair Treatment :*** *It is important that children see fairness in the way we treat them in relation to their siblings. When children feel and believe that their parents are showing equal & similar level of affection, praise and discipline, they are positive, accepting and warm towards their siblings.*

*Arrange for Attention : Children crave for their parents' attention. It makes them feel loved and accepted as a part of the family. They seek this attention through various means- positive or negative. At times, it can be demanding on the parents to give individual attention to all. However, few minutes spent with each child individually can create a positive, magical & long lasting effect on their overall persona.*



*Avoid Comparison : Each child is unique and has its own strengths & weaknesses. It is essential to acknowledge & respect the individuality of our children. Instead, strength of one child can be used to help or assist their siblings. Through this, parents can teach children to help, teach &/or model each other, so as to, create a supportive & encouraging environment.*



*Stop Labelling : By labelling a child, parents create competition and rivalry among the siblings. Positive labelling may not be as detrimental to that child's self-image as negative labelling is. It can sow anger, resentment and hatred against each other. Children can be acknowledged & shown appreciation for their positive attributes like sharing, persistence, kindness etc.*





*Resolve, Not Verify* : Parents must try to make children understand how their siblings have felt due to their behaviour rather than validating who did or said what. Children can be encouraged to express their feelings so as to create empathy among each other. Resolving can be done by taking the opinion of the siblings involved and reaching an agreeable arrangement.

*Dealing with Rivalries* : It is practically impossible for any parent to intervene in minor or trivial issues that most siblings go through. The children therefore must be taught to deal, adjust &/or face the consequences for not being able to resolved the issues on their own. Parents can give time limits to handle things & by alerting them about the possible consequences.



*Humor & Harmony* : Any conflict can be tactfully resolved using humor and by having discussions with the individual siblings separately. Humor can help in diverting the attention of the conflict to something funny or neutral while a calm and controlled approach can help in resolving the conflicts peacefully.

*To learn more on how to minimize sibling rivalries & establish Sibling Ties,  
following links can be explored:*

<http://www.realsimple.com/work-life/family/benefits-of-siblings>

<http://kidshealth.org/en/parents/sibling-rivalry.html>

<http://www.webmd.com/parenting/guide/sibling-rivalry>

<http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/sibling-rivalry/art-20046568>

<http://www.positiveparentingsolutions.com/sibling-rivalry>

<http://childdevelopmentinfo.com/ages-stages/school-age-children-development-parenting-tips>

<http://www.askdrsears.com/topics/parenting/discipline-behavior/bothersome-behaviors/sibling-rivalry>

*Sibling rivalries can be difficult,  
frustrating and overwhelming for the  
parents to handle*

*It is therefore important that we  
encourage*

*Sibling Ties*

*so that attachment, happiness &  
unity prevails in our families.*

*Our upcoming Newsletter will be on:*

*LOOKING*

*BACK*