



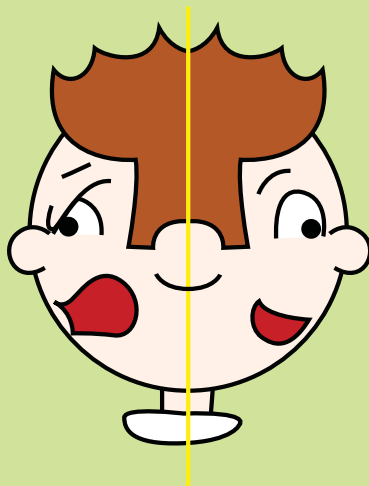
# Sibling Emotions

No matter what age we are anyone with brothers and sisters knows about these! Siblings know how to press each others buttons and can love and hate at the same time. Children in particular are still developing their understanding of the different feelings they feel and can get confused.

Sibling emotions can be very intense and it is important to stay calm when brothers and sisters are in an emotional flurry. Remember that they are trying to negotiate a long term relationship that will go through many phases and be life long.

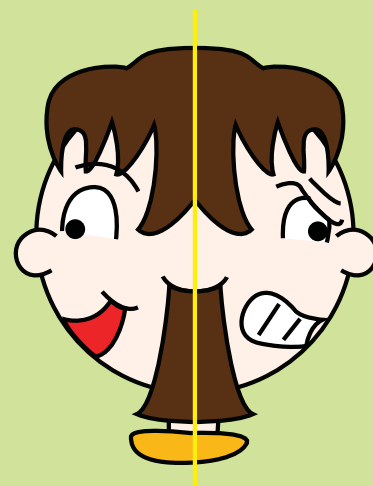
Try not to get dragged in to the fight or takes sides. Keep affirming that you love them all equally. The security that this creates will help to make them feel psychologically safe.

Normalise the fact that all brothers and sisters have good days and bad days and that you are confident that they will work things out eventually.



I hate you

I like  
you



I hate you

For more information on Sibling Rivalry visit us at  
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