Teach your children to develop conflict resolution skills by encouraging them to work out their sibling disputes. The following are suggestions to provide some structure to their inevitable conflicts.

**SIBLINGS EXPECTATIONS:**
1. I agree to sit and think about my options in handling my arguments with my sibling(s) prior to a heated conflict. It doesn’t matter who started the conflict, I am just as responsible for engaging in the dispute.
2. Time Out – I agree to take a time out if a conflict between my sibling and I gets heated.
3. I agree not to use name-calling or disrespectful and hurtful behavior when I am angry with my sibling.
4. I agree to attempt to work out my problem with my sibling first before involving my parent(s).
5. I agree to only ask for parental support if stuck or conflict gets physical.
6. I agree to listen to my sibling’s perspective. We will take turns hearing the other person out and practice “I statements” – I feel _______ when you ______.
7. I agree to negotiate a resolution with my sibling.
8. I agree to be willing to bring it up at family meeting if I need help in resolving problem or need feedback.

**PARENTS EXPECTATIONS:**
1. I agree to stay out of my children’s conflicts to encourage effective conflict resolution.
2. I agree to keep my children safe when an argument breaks out between siblings.
3. I agree to model proper conflict resolution by staying calm and using patience, kindness and respect toward my children and spouse.

**CONSEQUENCES:**

Pay back – I am responsible for giving back to my sibling if I hurt or break this contract. 
*For example: Clean their room, take over a chore, a deduction of my allowance will be taken for every violation of this agreement, give them % of allowance, etc.*

If I violate this agreement, I will receive the following consequence(s): ____________________________

If I follow this agreement, I will receive the following reward(s): ____________________________

Parent Signature: ____________________________ Sibling #1 Signature: ____________________________
Date: ________________ Date: ________________

Sibling #2 Signature: ____________________________ Date: ________________
Sibling #3 Signature: ____________________________ Date: ________________