

Positive Sibling Engagement Agreement

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: _____

Date: _____

Sibling #1 Signature: _____

Date: _____

Sibling #2 Signature: _____

Date: _____

Sibling #3 Signature: _____

Date: _____



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