



## MODEL POSITIVE COMMUNICATION, EMPATHY, AND RESPECT

Do your children a favor and get along with your spouse. The most effective way to encourage healthy family dynamics, strong communication and respect for others is by modeling it. Don't fight in front of the kids. Don't interrupt each other at the dinner table. Share your feelings with one another and display empathetic and reflective listening.



## INSTILL IN YOUR KIDS A SENSE OF RESPONSIBILITY TOWARD ONE ANOTHER

Feelings of responsibility toward siblings can foster an unbreakable family bond. As a kid, my older sister was responsible to take me to school and to babysit for me, and I was responsible to do the same for my younger siblings. Ask your older child to teach the younger one how to shoot a ball or complete a difficult math assignment.



# 5 THINGS PARENTS CAN DO TO HELP SIBLINGS BE FRIENDS FOREVER

By Barbara Penn

I was raised in a wonderful, loving home with nine siblings. Even though we're all different from each another, I share great relationships with them. Here are 5 things parents can do to help foster strong family bonds.



## TREAT YOUR CHILDREN FAIRLY

As a parent, I sometimes find myself subconsciously playing the favoritism game. Don't do it! Jealousy, resentment and anger toward other siblings is a natural result of a parents' failure to judge a situation objectively and treat children with a consistent and fair system of reward, discipline, and division of chores.



## DO THINGS AS A FAMILY

Shared family time shows children the importance of bonding as a family unit. Eating dinner together can turn into an opportunity for connecting and sharing the day's experiences. Trips, vacations, and activities done as a family create valuable memories and foster positive attitudes toward the family concept.

## VALUE EACH CHILD AS AN INDIVIDUAL

A child who feels valued as a unique individual will be able to develop healthy relationships with his siblings and feel confident as an integral part of a family.