

# How to stop siblings fighting with six words.



We all want to know how to stop siblings fighting, I think I've found a brilliantly simple trick. Disclaimer – I should say conflict is normal and healthy and part of life, you won't stop it completely, but recently we changed one thing about the way we handle fighting and it made a massive difference.

The biggest thing I was doing wrong was jumping in and taking sides. I didn't even really think I was taking sides, just trying to solve the issue quickly and fairly with my adult wisdom hat on, but what I was actually doing was playing judge. And it was back firing hugely.

After a bit of googling 'how to stop siblings fighting' I saw the error of my ways. All it takes is six words, '**How can you make this better?**'.

Sounds too simple, but what you are doing is giving kids the chance to sort the problem out for themselves. This is amazingly effective in that it means they learn to problem solve and deal with conflict, you don't get stuck playing judge and things don't escalate so fast.

It puts the ball in their court. So when my daughter refused to let my son have a go on her new roller-skates, he started shouting. They were about to start physically fighting, but all I said was, **how can you make this better?** They both suggested deals, they were both a bit unfair to start, I mediated a bit, but didn't judge.

Then, as if by magic, they struck a deal they both loved. He got to go up and down, to the lamppost 10 times, but she would give him lessons. It was amazing to watch her help him.

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