

Getting Along With Your Sibling(s)



It can be lively to have brothers and/or sisters around! Having sibling(s) means you have someone to play with, talk to, and ask for help from when you are in need.



However... It is also normal to have some conflicts with them.

For example, you may feel:



Annoyed when your sibling(s) disturb you when you are busy

Jealous when you think your parents treat your sibling(s) better than you

Lonely and sad when your sibling(s) do not have time to play with you

Angry and sad when your sibling(s) are unkind to you

Frustrated and unwilling to share items/space with your sibling(s)

Communicating With Your Siblings

EMPATHY

- Seeing things from another person's point of view
- Helps us understand one another and the situation better
- Try to understand how your siblings think and feel, and what made them behave that way

COMMUNICATE

- Express your thoughts and feelings to your siblings
- Helps them understand how you are affected and what you wish for them to change
- E.g. "I hope you can play with me after you finished your homework"

Find the right time to communicate with your siblings, e.g. when they are not engaged in other activities, so they can give their attention to you.

Practice give and take so that you and your siblings can come to an agreement harmoniously and maintain your good relationship.



Getting Help From Your Parents/Guardians

Sometimes, even after talking it out with your siblings, the problem may not be resolved. Do seek help from your parent/guardians if you need their help. For example, you could ask your parent/guardians to help talk to your siblings, or tell them about what happened so that they can help resolve your problem and help you feel better.

