

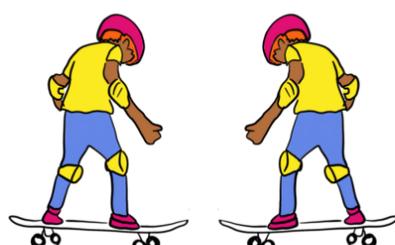
Helping Siblings

get along

Children have to learn to play together. Many parents are surprised their kids don't just *play nicely*. Some amount of sibling conflict is typical of good development, but if it feels like too much, try this method.

1.

Practice playing together



Kids have to learn to play together, so offer space to practice. Practice for bits of time (1 minute, 5 minutes, 20 minutes...). The practice gives them the felt experience of success. Pick a time when everyone feels good to practice!



2.

Use a positive opposite

Decide what your goal is & select a key phrase that tells kids what to do (that is using a positive opposite!).

Example Goal: no grabbing
Positive opposite: we always ask for things with palm up

Example Goal: including everyone
Positive opposite: we all play together

3.

Offer oodles of praise

When you are teaching your children to play together, you need to be present. Short stints are fine, and your purpose is to guide play- with praise. Notice even the smallest gesture toward the *right* thing and offer specific, warm, and engaging praise.



The goal is for the kids to have a positive experience of playing together- so go for short! Once you meet your time goal (even if its 5 minutes or less) transition to a movement activity- and come back for another positive experience tomorrow. The goal is MANY short, positive experiences.



4.

Celebrate & try again tomorrow

Keep going



Kids need to practice these skills over, and over, and over again. If it takes a while, that's OK! Keep going. As new challenges arise, start again.



What To Do mid meltdown

for adult

calm yourself. what are the 5-second strategies (drinking a glass of water, calm down phrase, yoga pose, breaths) that help ***YOU*** calm? Your calm is necessary for your child to calm.

for child

~snuggles~a yoga pose~singing~
~whispering~keep it quiet~water~
~moving into a new space~ music~
whisper~massage~let them re-engage~
~praise when they do~

say to yourself: "my child is struggling & needs me."

say to your child: "it's ***so*** hard."

say to your child & yourself: "it is going to get easier."

focus on connecting with yourself & your child. take care of yourself at all costs, so you can show up calmly mid-meltdown.

YOUR KIDS NEED SCREEN GUIDANCE

HOW TO SET SCREENTIME RULES

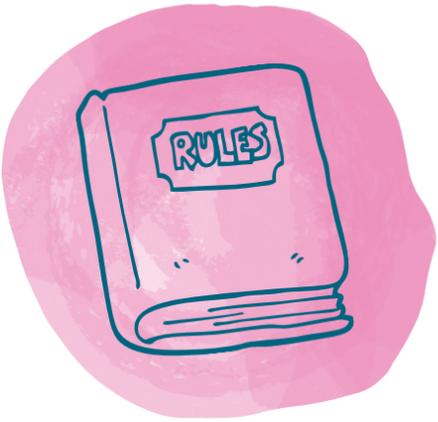
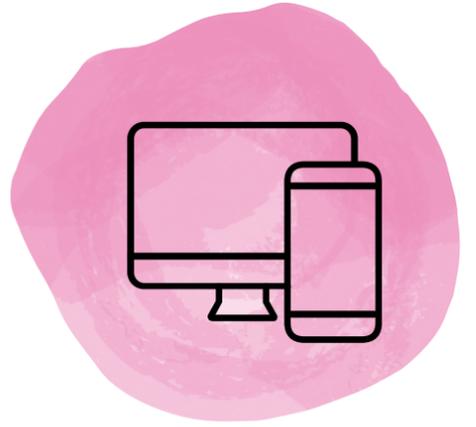


INVENTORY YOURSELF

What do you actually believe about screentime? Do you think it is ever good? Are you particular to certain kinds of screens or certain periods of time for screen use?

INVENTORY YOUR LIFE

How much screentime do *you* engage in? When & why? When do you allow your children access to screens, and why? How do you feel about the kind of screentime your kids are currently getting?



SETTLE ON YOUR RULE

PRESENT YOUR RULE

Give the kids time to adjust: tell them, in 3 days, we will start a new way of doing screens. Present your rule with positive language & excitement: "we will always play outside, & then screens!" or "we will pick one show or game to play every day- what will it be?"



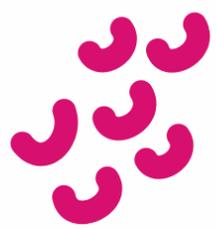
BE PLAYFULLY CONSISTENT



Hold onto your rule, playfully. It's ok to set up a timeline, like- "let's experiment with our new rule for a month. What do you think will change? Let's mark it on the calendar!" Hold to your consistency, lightly. Be in constant reflection about how things are working.

When Everything Is A Negotiation

& how to get out of the negotiation cycle



Select one thing to work on & get clear about **your** boundary or rule.

Be careful about how you state your rule. Use positive language only & be concise. Examples: "our rule is bath after dinner" or "in our family, first homework and then screens."



Practice saying your rule. When you tell your children, be firm but kind. If they object, add in the word "always." "We always have bath after dinner." Plan on not saying much more than this.

Be prepared for some friction & challenge the first time. Prep yourself with a plan for extra supports. When they protest, use few words but move them through to the right thing.



Practice! You have to PRACTICE. Talk to your children about the rule. Discuss how it went & how it could go next time. Keep at it & remember to go for fewer words!



Really ready to get out of the cycle with your highly verbal kid who can outthink you in two seconds flat? Email chelsey@positiveparenthood.org for more info on our upcoming courses.

WWW.GUIDINGCOOPERATION.ORG

@drchelsey_parenting

BRAIN DEVELOPMENT & YOUR CHILD

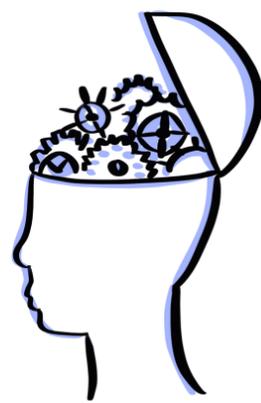


CHILD DEVELOPMENT

Kids develop at the rate appropriate to their particular personality, profile, environment & needs. It can't be rushed or forced. Meeting your child where **they** are <not where you wish they were> is to honor their life path & nurture who **they** are.... not who you wish they could be.

PRE-FRONTAL CORTEX

The pre-frontal cortex is the last part of the brain to fully develop (it becomes fully developed at age 25!) It is also where language & rational thought live... so when your child is irrational or doesn't understand your logic- it's likely part of normal development.



AMYGDALA

This is the part of your child's brain that can sense how you're feeling, even when you don't say it. It's the part that responds to scrunched foreheads and tense shoulders. It's also the part that governs big feelings. It is not rational- and won't respond to rational arguments or consequences.

BRAINSTORM

When children are stressed (by social interactions, by homework that's hard, by a sandwich cut in a way they did not expect, by tags in pants.... they may experience a brainstorm. This means their amygdala drives interactions and responses more than their prefrontal cortex. This results in big feelings, and in not being able to cooperate.



CONNECTION

The only way to get children out of brainstorm is with connection. That can be sitting quietly with your child, offering touch or massage, taking a walk together, or simply embracing when they come back to re-engage with you.

MEETING YOUR CHILD'S BRAIN

All children are a little bit different. Who is yours, and what are their brain based patterns? Let go of where they **should** be and embrace where your child **is,** meeting them with the supports that will matter for their profile & perspective.

