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### **Eltereschoul Doheem #5**

In this edition of "**Eltereschoul Doheem**", the letter for parents from Eltereschoul/Ecole des Parents, we are interested in the special relationship of brothers and sisters.

In these times of confinement, having a brother or sister can be wonderful because this relationship is usually characterized by a lot of love and loyalty. However, jealousies and rivalries are inevitable.

#### **When siblings quarrel!**

This relationship is likely to last longer than any other relationship over the course of a lifetime. No one has chosen it and it cannot be undone.

- Sibling relationships are an important learning context for a child's social and emotional development, even during arguments. Do not resolve fraternal conflicts, but encourage children to find solutions themselves!
- Positive communication in the family, where everyone feels valued and listened to, is important! Praise your children when they have been able to resolve a conflict themselves or to respect moments of "no dispute".
- Stay calm, intervene only when your children can no longer calm down or when a situation is in danger of getting out of hand and could result in a child getting hurt. Wait until calm is restored before discussing the situation with your children!
- On a daily basis defuse situations that create conflict between children. Drawing up plans, e.g. for the division of household chores, can prevent disputes.
- Don't take sides! Avoid comparing your children with each other, as this encourages jealousy.

Sensitive and appropriate parental conduct in dealing with sibling conflicts is an important guarantee for positive family relationships.

#### **The Eltereschoul team**

If you have any further questions, please do not hesitate to contact us by e-mail: [eltereschoul@kannerschlass.lu](mailto:eltereschoul@kannerschlass.lu). Leave your name and phone number and a member of the team will contact you as soon as possible.

