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When My Siblings Drive Me **CRAZY!**

Coping Skills for
Kiddos Dealing
With Siblings

First things first:

The fact that you can sometimes find your siblings annoying does not mean you love them any less. You can love a person AND still get annoyed with that person.

It's okay to feel
annoyed with your
Siblings! However,
you still need to
be kind - that's why

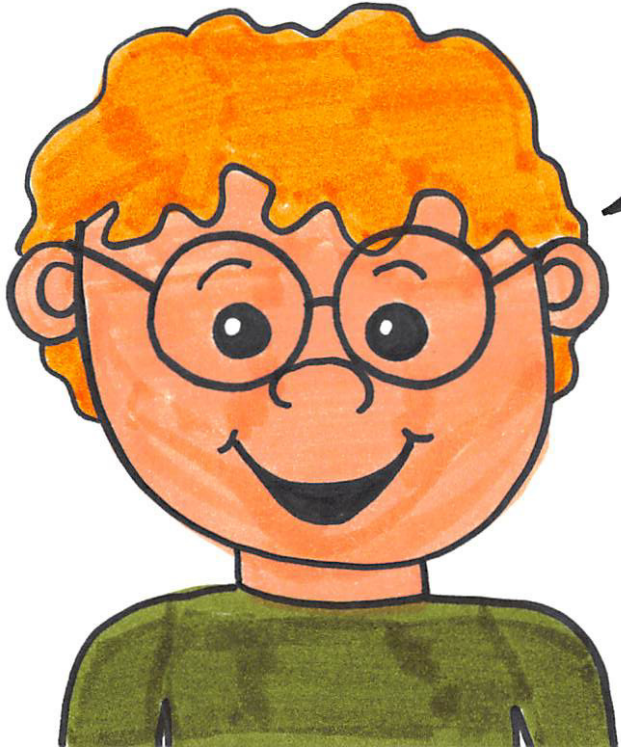
Coping Skills are

so important!!



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The Best way to deal
with being annoyed is to be
as physically and as
emotionally healthy as you
can be.



If you feel good
emotionally and
physically, it's
easier to be patient
and get along
with others!

One thing that can help you deal with Sibling annoyance is **Separation**.

Spend some time **away** from your siblings.

We all need time alone sometimes!



When you are with your
Siblings, T.H.I.N.K. before you
Speak to keep things positive:

Is what I
am about
to say...

True?

Helpful?

Inspiring?

Needed?

Kind?



If you
want kindness
you have to
GIVE
Kindness!!

When you spend time
with your siblings, follow
the "rules"

↳ You, your parents, and your
siblings come up with these!!

Recommended:

- we will keep all body parts to ourselves
 - we will use KIND words
 - we will take turns
 - we will apologize if we hurt feelings
 - we will share
- ... add your own!

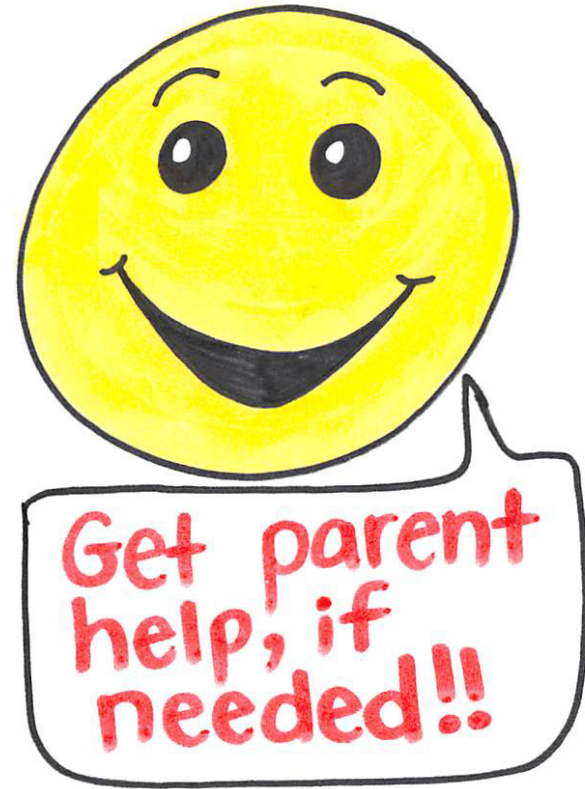


If you and a sibling
have a disagreement,
listen, talk, and
Compromise:

Listen: listen to what your
sibling has to say.

Talk: tell your sibling how you
feel and why.

Compromise: come up with a solution
that works for BOTH
of you.



When you're having a hard time liking a sibling, try listing all of the things you do **like** about him/her.

You'll probably be surprised how big your list is!!



Well, I guess he is...

- funny
- smart
- energetic
- loyal
- goofy
- loving
- fun
- silly
- interesting
- cool

When you are with
your siblings and can
feel yourself **losing**
patience, walk
away for a bit and
take a break.

Everyone needs
a break sometimes!
It's okay!



If you get so **mad**
at your sibling that you
feel like **yelling** or **hitting**:

Hit a pillow
and/or

scream into
a pillow

(Make a **SAFE** choice!)



Take your anger out
on a pillow, NOT
on your siblings

When you are with your
siblings and getting angry,
Count backwards from 10
and **take some deep**
breaths to help you
keep your cool.

10, 9, 8, 7,
6, 5, 4, 3,
2, 1...



Remember:

Everyone who has siblings will feel annoyed with them sometimes - it's **very normal**. How you **deal** with these feelings is what's **important!**

Don't Forget:

You are **BRAVE** and
you are **STRONG**!!

You can **COPE**!!

even with sibling annoyance!!



