



# Monthly Parenting Tip from the ACFC

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## FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfccaes.com) for more

## Sibling Rivalry

Siblings share history, routines, space, and experiences that shape who they become. Along the way, they also share disagreements, frustrations, and yes... moments where they get on each other's nerves. Brother and sisters know exactly which buttons to push because they probably installed them in the first place. Siblings are our built-in best friends, rivals, confidants, and lifelong witnesses to every questionable phase we swore we were "just experimenting with." From shared childhood memories to inside jokes no one else understands, sibling relationships are truly one of a kind.

From an Active Parenting perspective, "sibling rivalry" is not a problem to eliminate—it's an **opportunity to teach lifelong skills**. Sibling conflict isn't a sign of failure. It's one of the most natural ways children learn communication, self-control, cooperation, and problem-solving. And those lessons often show up most clearly when everyone is together for a long stretch of time—like on a family road trip. We often imagine road trips as uninterrupted family bonding, but the reality usually includes big feelings, constant negotiation, and learning how to stay connected when things don't go as planned.

### Why Siblings Push Buttons

Sibling dynamics are intense because they're built on years of shared space, shared stuff, and shared attention. Brothers and sisters argue over bathroom time, remote controls, and who started it (always a mystery). Those habits don't magically disappear with age—they just show up in new forms, like debating music choices or who's navigating incorrectly. The good news? Those same bonds that spark irritation are the reason siblings often reconcile faster than anyone else. There's history, humor, and usually a lot of love under the surface.

### What Siblings Learn from Conflict

When siblings clash, they are learning how to:

- Express feelings respectfully
- Handle frustration without losing control
- See another person's point of view
- Work through disagreements without someone "winning"

Active Parenting reminds us that our role isn't to stop every disagreement, but to **guide children toward responsibility and respect**. Conflict handled well builds confidence and courage. Conflict handled poorly—or avoided altogether—misses a valuable teaching moment.

Next month we'll share tips to manage and alleviate sibling rivalry.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the **ACFC website**, click on the Active Parenting tab, and follow the instructions on how to view the videos.