



## Talking Corner

This is an idea that can be useful. It can help establish the habit of sitting down to talk things out. One of our biggest problems in families is the fact that rows go unresolved. This can build up to cause bigger rows in the future.

By encouraging the children to talk about and resolve their rows you are helping to break this habit.

The important elements of this idea are:

1. To find a place that a conversation can happen uninterrupted for a period of time.
2. The place is comfortable.
3. The children associate it with a place to resolve their row and not with the row itself.
4. You can help them listen and talk to each other.

One of the biggest problems is that row will arise at times of the day when it is impossible to sit down and talk ie: morning times, meals, in the car. It is possible to wait until later when there is a bit of time to sit down. Professional mediators set up mediations around everyone diary so it is normal for conflict resolution to be 'timetabled'.

It can be helpful to wait until later until everyone has cooled down a bit. ( See The Resolving Anger Book)

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