

# Siblings

## Best of Friends & Rivals



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# Overview

1. Impact of bleeding disorder
2. How do Siblings feel?
3. What does research tell us?
4. What do Siblings need?
5. What is Sibling Rivalry?
6. Managing Sibling Rivalry

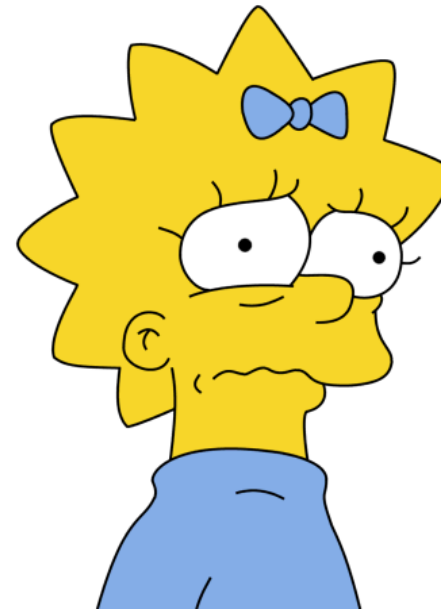
# Impact of a bleeding disorder

When child in the family has a bleeding disorder:

- Entire family is affected
- Balancing act
  - the needs of the child with the bleeding disorder
  - the needs of the siblings
- Siblings can experience a range of feelings and emotions

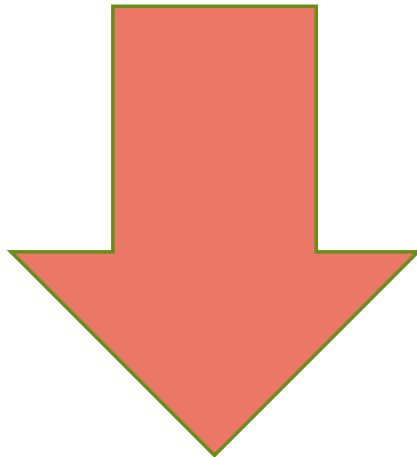
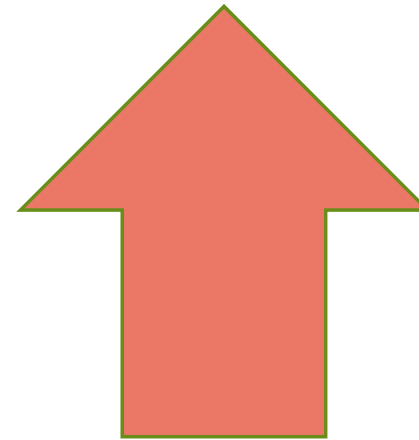
# How do siblings feel?

- Jealous
- Feel left out & neglected
- Anger & resentment
- Rebellion
- Guilt
- Anxious - Fears & Worries
- Feelings of isolation



# Advantages & Disadvantages

- Maturity over their peers
- Possess an understanding of challenges
- Increased tolerance of diversity
- Pride over accomplishments
- Sense of loyalty and caring



- Limited parental attention
- Jealousy & Anger
- Stressful home life
- Fears & Worry
- Alone & isolated

## What does the research tell us?

- Female siblings had higher total depression, anxiety and stress scores than male siblings
- Middle siblings in the birth order (whether male or female) had the highest total depression, anxiety and stress scores
- Carrier siblings tended to have higher anxiety scores than females siblings who were not carriers
- Male siblings without bleeding disorders believe that their quality of life would be better if their sibling did not have a bleeding disorder
- 40% of the siblings felt the child with the bleeding disorder was treated better than they were.

# What do siblings need?

- Information
- Inclusion
- Feeling valued
- Opportunities to express feelings
- A sense of being special too
- Independence
- Contact with other siblings
- A wide social network.

# What is Sibling Rivalry?

Brothers and sisters often get angry and frustrated with each other because:

- They live closely together and affect each others lives
- They compare themselves with each other and can sometimes be jealous, bossy, competitive or resentful
- They test out their strengths and weaknesses on each other.

These tensions are called Sibling Rivalry.



# Fighting & Arguing

Remember...

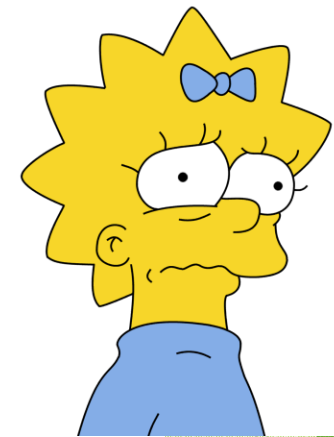
- ▶ It is impossible to have children who don't fight
- ▶ Are forms of attention seeking behaviour
- ▶ Are a normal part of social development.



# Sibling Rivalry - Advantages & Disadvantages

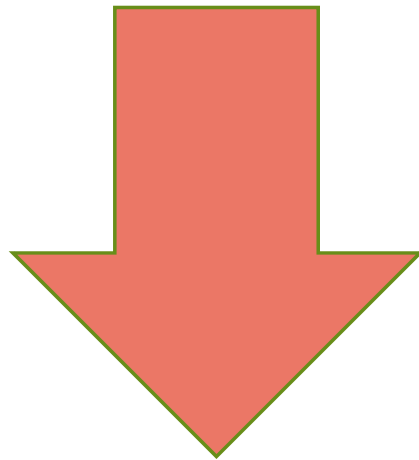
## Children learn:

- Respect of the views of others
- To negotiate & compromise
- To problem-solve
- Acceptable ways to express angry feelings
- How to forgive & patch things up



## Sibling Rivalry:

- Is annoying & stressful
- Causes tension in the family
- Can affect other siblings
- Can affect relationship with partner
- Fights can become violent



# Managing Sibling Rivalry

## Fights & Arguments:

- Don't get too stressed over fights and arguments
- Mediate between children only if it is really needed
- Let them 'work it out'
- Avoid becoming a referee
- Separate children until they have calmed down

# Managing Sibling Rivalry

## Family Meetings:

- Set Ground Rules
- Family values
- Possessions & personal boundaries
- Respect for other's points of view
- Handling conflict and anger
- How to negotiate & compromise
- Problem-solving techniques
- Forgiveness

# Managing Sibling Rivalry

## Other Tips:

- Don't compare children
- Let children express angry feelings in safe ways
- Praise good behaviour
- Manage your own anger well.

# Minimising Sibling Rivalry

International research tells us that serious sibling rivalry happens less in families where:

- Physical aggression and violence are not considered acceptable behaviour
- Children are shown good anger management and problem-solving skills by the adults around them
- Family members have good times together.

# Helping Siblings

And if that wasn't enough.....

- ▶ Remember to take care of yourself!!
- ▶ Make time to have fun together as a family



