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Reasonably Sane

Them Are Fighting Words!

...Surviving Sibling Rivalry

By: Comedienne Kate Davis

My sister and I are 17 months apart and we shared a room until we were 13 years old. We would have the wickedest fights, from punching to my favorite, hair pulling. It was a weekly occurrence, which would end by my mother screaming "Stop Fighting!" quite the Mediator, my mom. Now that I'm a mom teaching my kids how to resolve conflict has been a challenge.



I came up with two ways of dealing with my kids fighting, with humour of course. First we play court, just think "Law and Order". I would set up a mock courtroom, witness box, and of course my meat tenderizer as my gavel. They would have to swear to tell the truth on the Cat In The Hat, and each child would have their turn to speak with no interruption, and most importantly listen to each other. I would make my ruling and punishment would be to hug one another. It's fun and it works. I could have been a Judge.

Another game we would play was boxing. Yes, you heard me Boxing! A fight would break out and I would get my pot, bang it with a spoon and put them in opposite corners.



Here's the catch, it's all in the intros, and you have to hold their arm up while you are doing it, like a Ref would at a fight. "In her pink shorts and weighing in at 42 lbs. Mad her brother took her Barbie's head off is: Madison". Then do the next kid but you have to really milk it. Bring them into the middle of the rink saying, "I want a clean fight." Then ring the bell and they are to come out fighting. They never did. By the time the intros were done they would be too giggly, and you've said exactly what the conflict is.

Countries fight, governments fight and we as parents fight, the trick is to teach children to **Listen, Communicate** their truth and have **Compassion and Understanding** for others. **Then Let It Go!**

Kate Davis is a clever and candid comedienne and mother of three. From that she has developed her popular workshops "Parenting With Humour" where she helps moms to find funny alternatives in communicating with their kids. Find out more at www.funnymommy.com

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Have fun on your birthday!

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