1. Notice and promote the activities that get your children playing together.   
   - Identify activities that they both enjoy. This can be difficult, especially if there is an age gap.   
   →
2. Don’t interrupt happy play.   
   - Don’t take when siblings are playing well for granted. Support them in whatever they need to keep playing, and don’t interrupt unless it’s unavoidable.  
   →
3. Use oxytocin to get your children bonding.   
   - Laughing, being outdoors, dancing, singing… include as much good-feeling activities as you can in your daily routine.  
   →
4. Start “special time” between your children.   
   - Designate a daily 10-minute block of time for two children to spend together. This is especially helpful if your children are widely spaced in age, or one is less interested in playing together than the other one, because it structures time together into the regular routine and maintains connection.   
   →
5. When they’re having a bad day, pull out an activity they’ll both love.  
   - Making cookies, dancing, playing outside, to shift the mood.   
   →
6. Include in your bedtime routine a chance for your children to always say “goodnight” and “I love you” to each other.   
   - Some families encourage the older child to read to the younger before bed, which is a lovely opportunity for bonding.   
   →
7. Support siblings to nurture each other.  
   - When one child gets hurt, make it a practice for everyone in the family to stop playing and tending to the child who’s hurt. Hold back a moment to see if the siblings step in to nurture each other. Send a child for the ice pack or band-aids, or even let them be your medical assistant and tend to their sibling. Have all the children take part in this, including any child who was involved in the other getting hurt, so they can begin to feel like a helper instead of a hurter.
8. Instead of pitting your children against each other, find ongoing ways to unite them in the same mission.   
   - An example: “Can you work together so you’re both ready to leave the house at 6pm? That will give us time to go the long way to the park so we can see the doggies over at the neighbor’s house. Yes? What a team!!”
9. Promote the idea of the “sibling team” by creating family activities in which your children work together.   
   - For instance, give them a huge sheet of paper to draw on together. Ask them to write a letter to grandma together or someone they both know and admire. Design a scavenger hunt where the kids help each other, rather than compete against each other. \*When you use roughhouse, always team children against grownups.
10. Put your kids in charge of a project together.   
    - For instance, maybe they’re wash the car together to earn money you would have on a car wash and treat them instead. Or maybe put them in charge of making Valentine’s Day cards for grandparents or planning a fun family outing. Let the children work together to do the planning, with you only peripherally involved to insure safety and maximum fun.   
    →
11. Start a family kindness journal.  
    - Get a journal, tie sheets of paper together with a ribbon, or just add sheets of paper to a binder. Label it “Our Family Kindness Journal,” and let the kids decorate it. You might begin with a quote about kindness from Dalai Lama’s: “be kind whenever possible. It is always possible.” Then, notice acts of kindness between your children and write them in the journal, with the date. (Dollar Tree has $1 journals!!!)  
    As you talk about the incident, celebrate that kindness has a way of warming hearts of both people- the giver and the receiver. Soon, your children will be noticing the small kindnesses between them and asking you to record them. Before you know it, they’ll be inspired to more acts of kindness toward each other.
12. Help kids work out problems without making anyone wrong.   
    - Conflict is part of every AND ANY human’s relationship and children are still learning how to manage their strong emotions. So, you can expect your children to fight with each other. Our job as parents is to resist taking sides, which increases sibling rivalry. Instead, teach kids healthy conflict-resolution skills, like listening, expressing their own needs without attacking the other person, and looking for win-win solutions. ALLOW YOUR KIDS TO OWN AND SOLVE THEIR OWN PROBLEMS. Step in when the problem or incidents are too large or too dangerous for your kids to handle.

And of course, the most important factor in helping your children get along is for you to forge a strong relationship with each child. When each child knows in his bones that no matter what his siblings gets, there is more than enough for him too, sibling love has a chance to bloom. There is always more love!