

00:05:48 Dr. Laura Markham: Welcome to our Sibling Workshop!

00:06:08 Jennefer Tomi-Odufuwa: Apologies that my video is off. I am at footy practice for my son:)

00:08:00 Susan Kuykendall: Where is the melting away one? I didn't see that

00:08:35 Candace Kielbiski: <https://courses.ahaparenting.com/members-v2-spotlight-topic/siblings>

00:08:53 Candace Kielbiski:
<https://courses.ahaparenting.com/assets/Printables/SiblingsHealingEntrenchedResentment.jpg?updated=1666829117039>

00:09:22 Candace Kielbiski:
<https://courses.ahaparenting.com/assets/Printables/SiblingConflictComic-Pages1-3combined.pdf?updated=1668097327561>

00:09:37 Caroline Billington: I've printed them on the fridge - that is as far as i have gotten. Mine are luckily getting on atm 😞

00:10:18 Disha Trivedi: Yes, Have used first one and while the chip hasn't melted completely, I know it's in progress

00:22:05 Marika Tsircou: I don't see any chats can you please resend the resentment handout

00:22:07 Farah Skrzypek: Candace - can you reshare the links, please? I joined a little late and can't see the chat from before I joined 😊

00:22:20 Kimberly Bright: My chat has nothing in it? Is it possible to repost the links please?

00:25:56 Susan Kuykendall: Are these recorded and saved somewhere?

00:26:35 Candace Kielbiski: Susan, the workshop will be available on our Sibling Spotlight splashpage

00:26:47 Candace Kielbiski: The work we do in the breakout rooms, will not be recorded

00:26:58 Marika Tsircou: Can you please repost the links in the chat so we can print them right now?

00:27:29 Candace Kielbiski: Sure!

00:27:45 Candace Kielbiski:
<https://courses.ahaparenting.com/assets/Printables/SiblingConflictComic-Pages1-3combined.pdf?updated=1668097327561>

00:27:59 Maja Žorga Dulmin: Shammama Zia — yes, we can do it, it takes time, but you can do it. Dr. Laura has an audio on healing shame on her website (connected to her workbook), I highly recommend it. 😊

00:28:09 Candace Kielbiski:
<https://courses.ahaparenting.com/assets/Printables/SiblingsHealingEntrenchedResentment.jpg?updated=1666829117039>

00:30:33 Shammama Zia: Thanks Maja, I need it :)

00:32:25 Maja Žorga Dulmin: Keeping my finger crossed for you, but the hardest step is to take the decision to change, so kudos for taking that step. Good luck to you both! 😊

00:32:58 Marta Khader: Melissa, one thing that might work is using I noticed or it seems statements. Rather than I understand.. or You seem...

00:34:59 Elana Steinberg: Melissa- My twins often don't want the calming sort of empathy when they're angry. And that "Woa you're really angry!" Kind of statement they'll accept more.

00:43:55 Candace Kielbiski: <https://www.ahaparenting.com/read/Teach-Share-Sharing>

00:44:08 Candace Kielbiski: Self Regulated Turns is linked above

00:44:15 Maja Žorga Dulmin: Thank you

00:45:14 Candace Kielbiski: <https://courses.ahaparenting.com/pphkc-graduate/week-11>

00:45:24 dajana yoakley: Mom loves the other sibling more

00:45:35 dajana yoakley: I'm bad

00:45:37 Candace Kielbiski: Shame

00:45:41 Natalie Scheuller: She didn't even hear my side of the story

00:45:49 dajana yoakley: Life isn't fair in this house

00:46:01 Shammama Zia: Feelings wouldn't get acknowledged for the older child

00:46:12 dajana yoakley: I always get mom on my side

00:46:13 Lauren O'carroll: it's so unfair. it's always me who gets in trouble

00:46:29 Natalie Scheuller: Younger child: mom will rescue me no matter what

00:46:33 Shammama Zia: I can get away when I get picked on

00:46:47 Lauren O'carroll: my older sib is bad

00:46:54 Eva Cartagena: I need to be rescued

00:47:03 Caroline Billington: Or - that you can't do it yourself? You need to be rescued?

00:47:11 dajana yoakley: I need my parent always to help me I can't do it alone

00:47:16 Lauren O'carroll: they must have been really bad. mum's just confirmed it

00:47:43 Danielle Avdul: See my sibling is a jerk even mom agrees

00:48:15 Heidi Garcia: I also meant that they can start thinking that their older sibling is a bully and bad

00:48:20 Heidi Garcia: (Basically what is being said now)

00:48:33 dajana yoakley: Interesting, wow, so eye opening

00:49:48 Heidi Garcia: Such an interesting additional element to notice

00:50:04 Caroline Billington: Oh my goodness!!! Eye opening

00:50:19 dajana yoakley: wow so sad too for the child

00:50:23 Melissa Hampton: Younger child also learns to depend on adult.

00:50:24 Shammama Zia: Very helpful!

00:53:56 Natalie Amorim: Love the quarter idea!

00:54:03 Annie Pellegrini: Ro-Sham-Bo!

00:54:57 Lauren O'carroll: and if the other won't stop shouting so you can't hear the other?

00:55:31 Lauren O'carroll: I think it would take half an hour sometimes in our house for my oldest to be calm enough to listen

00:55:38 Candace Kielbiski: Great question Lauren. I wonder if this is a situation where you would have a cool down and regulate

00:55:58 Heidi Garcia: I would love to get on the list for the end to ask about Dr. Markham's position on whether there are situations in which the parent shouldn't intervene in a "conflict."

00:56:17 Lauren O'carroll: yes probably 😊

00:56:20 Candace Kielbiski: Sure Heidi, I have added you to the list

00:57:10 dajana yoakley: Lauren, I would say, take the break, even if its 30 mins...they aren't going anywhere...the whole point of this is for them to resolve the bad feelings between them, which can happen after an hour of the fight, as long as it's resolved...

00:57:38 Lauren O'carroll: yes true Dajana

00:57:39 dajana yoakley: It's kind of like, if a couple fights, they don't have to resolve it during the conflict, they should take a break, and maybe regroup in a few hours to talk about it, or maybe the next day..the point is to reconcile

00:57:46 Elana Steinberg: I would like to ask a question at the end Candace about undoing unfair practices on my part towards one at the expense of the other..if that makes sense?

00:58:05 Candace Kielbiski: ok, you are added to the list

00:58:18 Lisa Carrier: I have to go to a doc appt with my daughter so I'll sign off. Thank you for this, wish I could stay!

00:58:25 Elana Steinberg: thanks

00:58:36 Kimberly Bright: no i was saying im not able to join the rooms

00:58:38 Farah Skrzypek: I have a hard stop at 2 pm for another meeting so will leave now!

00:58:56 Tianna Green: I must leave for our appointment as well! Thank you!

01:00:03 Karin Engel: I am listening while doing kids' bedtimes, so I can't talk in a breakout room.

01:00:15 Ilona Brandt: Dr. Markham/Team, I clicked the non breakout option because I have an only child. But still here bc I always love these sessions 😊

01:02:32 Kimberly Bright: I have an only child actually- but she has a step brother in her dads home with little support so I got on the call to see if I could glean helpful info. I never have both children in my home though. Just trying to support my daughter the best I can.

01:17:00 Candace Kielbiski: Ilona. We are glad that you are here!

01:17:37 Maja Žorga Dulmin: Candace, this is the direct continuation of our last interrupter example 😊

01:18:04 Candace Kielbiski: I thought that to! I actually thought Laura was feeding the right line to say :)

01:18:11 Maja Žorga Dulmin: 😊

01:18:28 Disha Trivedi: Hi Candace- could you please put me in the queue for general sibling relationship question?

01:18:33 Ilona Brandt: Thanks Candace 😊

01:18:35 Candace Kielbiski: yes

01:19:24 dajana yoakley: this reminds me of non-violent communication

01:19:32 Clare: that was so useful, thanks so much Eva and Lauren, and Dr Laura for facilitating

01:19:35 dajana yoakley: for adults, but for the kids to learn

01:20:25 Candace Kielbiski: A kitchen scale is the solution to your problems! 🎉

01:20:30 Eva Cartagena: Yeah, thank you, it was really good. We had very different examples and they went different ways but we learn/remember something important from the 3 of them

01:21:05 Bob Mark: I would agree that there is a lot of crossover with Nonviolent Communication (NVC) and would encourage folks to look into that practice, for parenting and life skills in general!

01:21:54 dajana yoakley: Love that! So valuable!

01:24:29 Lauren O'carroll: at what point would we expect to stop surmising feelings... sometimes it seems necessary for kids with a lot of communication skills

01:24:48 Lauren O'carroll: just to help them figure out how to advocate for themselves

01:34:04 Heidi Garcia: Isn't it also possible that there could be (maybe not in this case—I don't remember) gender roles at play? Thinking of an older child being a girl and younger child being a boy and the parents side with the older child consistently because the older child is a girl and thus presumed to be weaker?

01:35:35 dajana yoakley: Possibly, but there's so many biases we often have toward one kid or another, preconceived notions, gender bias, etc. that it could be even "she's the girl, she's verbally more advanced than the boy, he doesn't know how to defend himself against her words," and it would be the opposite example...I think it just depends on the parents unconscious biases

01:36:08 Clare: Thank you all, got to drop off, it has been so helpful!

01:38:21 Shammama Zia:Is "Entrenched resentment" same as Melting the chip on the shoulder?

01:38:52 Kimberly Bright: i think so

01:47:08 Melissa Cooley: What if everyone has ADHD and everyone forgets to come back to repair, which leaves lots of negative feelings even though everyone forgot what the event was? 🤔

01:48:00 Lauren O'carroll: right there with you Melissa 😊

01:49:37 Heidi Garcia: My son wears headphones during dinner.

01:49:45 Lauren O'carroll: sounds like we're in exactly the same situation. probably lots of sensory stuff going on...

01:51:22 Elana Steinberg: Candace, I have to go so likely won't get to ask my question. If I am at the top of the list just take me off. Thanks! Great workshop- so helpful. Thanks Dr. Laura!

01:53:01 Lauren O'carroll: which are the best ways people have found to dissolve resentment?

01:53:39 dajana yoakley: The Sibling spotlight on the success path page, has a printable for melting the chip on the shoulder- that's the dissolving resentment

01:54:08 dajana yoakley: there's 4 parts to it I think, have to work on all 4 items in parallel fashion to dissolve the resentment

01:54:20 Heidi Garcia: Lavishing hugs and kisses on the (older) resentful child. Lots of rocking him to sleep as well.

01:55:44 Lauren O'carroll: thanks. yes I've seen the printable. just wondering about specific things that have worked. particularly for kids who are stuck in anger / overwhelm

01:55:52 Heidi Garcia: I personally feel that we really need to work on nurturing the sibling bond in our house.

01:56:35 Heidi Garcia: But that's more of a long-term thing that is incredibly hard in my opinion.

01:57:06 Disha Trivedi: Need to drop off in a few to pick up kids. Thank you so much! This was wonderful.

01:57:07 Eva Cartagena: oh my, Maja, that's how it goes exactly in our family when there are friends around

01:58:03 Lauren O'carroll: yes Heidi! long term hard work! luckily mine get on really well .. but often on oldest terms....

01:58:06 dajana yoakley: Yeah it is a long term game Heidi!

01:58:08 Ilona Brandt: i must run too. thanks a lot!

01:58:29 dajana yoakley: Lauren, I am thinking I need to reread the sibling book! I bet it's full of ideas

01:59:01 dajana yoakley: I have so many of these new scenarios with the kids as they get older, that I don't remember reading that in the book before because it wasn't relevant when they were younger

01:59:19 Lauren O'carroll: it is. I read it during the summer annoyingly when things were so much smoother. school has so much to answer to!!

01:59:30 Marian Headon: on melting the resentment: special time and roughhousing every day, combined with the empathy have helped a lot. at bedtime when my daughter is not there and there's no danger of her hearing, I may mention to my son, remember that time you said that you felt like loved your sister more, was that coming up for you today? and just give him opportunity to talk about it if the feelings are up. sometimes he says 'not today' and talks about something else. sometimes he unloads some feelings. i feel good that i've given him that opportunity.

01:59:53 Hannah: I've done double play dates so both kids have a friend over at same time

02:00:06 Heidi Garcia: I like that Hannah!

02:00:18 Lauren O'carroll: thanks Marian. yes I do all that 😊

02:02:15 Eva Cartagena: Thank you very much!