

Sibling game Instructions

1. The concept is simple and relates to everyday life. The better the kids get along and display positive, prosocial behavior, the more likely parents are to “surprise” them or do something together as a family. This system simply provides a visual, and immediate way to recognize and scaffold short term behavior to these longer term consequences.
2. Using the sheets (laminated) provided, pay attention and notice both Kaylee and Gage anytime they engage in any kind of positive, and even neutral behavior towards each other. We identified areas such as “keeping small things small”, noticing when others need space, engaging the other in talking or storytelling, or any other kind act.
3. During times when are “higher risk” for difficult interactions (i.e., morning, car rides), prime both to indicate what you are watching for and what points might be earned for to remind them of the expectations.
4. Points are only earned, not lost.
5. Have the kids identify one activity that they both are working for and could reasonably be done.
6. Assign an appropriate amount of points required in order to achieve the goal activity. As they occasionally have different interest, I am ok with doing a separate activity for both (but they have to be relatively equal in time/resources/energy), but I would want to make sure that is done periodically while insuring that some activities continue to involve both kids together. (for instance, when I do this in my home – I used the rule – to myself – that 1 point equaled around 25 cents – making an outing to a Tuesday 5.00 movie cost around 100 points).
7. Kids only earn points, and cannot lose them (for now). Prime and prompt good stuff, make sure to notice “nothing” when it happens – because that is just as important on occasion as well. Once the activity has been achieved, reset the game and work again.

Sibling Conflict Rules

Sibling fight is defined as any interaction between siblings that involves one of the two ingredients:

1. No Talking Disrespectfully, mean or in a rude way (defined as anything coming out of either siblings’ mouth that is not acceptable by parents)
2. No Hitting/Hurting or attempting to hurt (Physical aggression or attempt)

Mom and/or dad will not intervene or solve any sibling conflict. If approached (i.e., tattling), parents will respond, “You go figure it out, I don’t want to hear you fight or break the rule, bye bye” or something like “well you figure it out, I’m sure you don’t want me figuring it out.”

The only time parents will intervene is if any of the rules are being broken. Parents do not ask the “lying game question – what is going on, what happened, etc.” and all involved siblings get into trouble, without further questions. Both siblings, regardless of whether the other was heard breaking the rule are instructed to pull a job from the dirty job container. If parents intervene, they immediately turn off all electronics and cease all pleasant activities. Either they immediately pick the job from the container, or if refused, parents will calmly select one for them (but if parents select one, then they get to look at them all first). ***Once the job has been issued or selected, access to any/all pleasant activities is stopped (except meals and bedtime) until the sibling chore is complete. Both siblings also lose the ability to be alone (independence) and are monitored in silence until the chore is complete.***

ALL PRIVILEGES ARE STOPPED UNTIL THE WORK CHORE IS COMPLETE.

NOTHING IS AVAILABLE BESIDES 1) BEDTIME, 2) MEALS (not snacks), and 3) SCHOOL UNTIL THE JOB IS COMPLETE. Really, nothing can be done or enjoyed.