

# The Family Table Podcast

## Sibling Conflict Peace Plan

[familytable.net](http://familytable.net)

### Tools to Help Kids Repair and Reconnect

#### The 5-Step Peace Process:

##### 1. Pause:

- Take a short break to cool down before speaking.

##### 2. Share What Happened:

- "This is what happened from my side..."

##### 3. Share Feelings:

- "I felt \_\_\_\_\_ when that happened."

##### 4. Take Responsibility:

- "Next time, I will try to \_\_\_\_\_ instead."

##### 5. Make Repair:

- "I'm sorry for \_\_\_\_\_. Can I do something to make it right?"

#### Family Conflict Rules:

- No yelling or name calling
- We listen to each other's side first
- We speak calmly and kindly

## The Family Table Podcast - Sibling Conflict Peace Plan

*- We focus on solutions, not blame*

### **Repair Prompts for Kids:**

- "I hurt you when I \_\_\_\_."
- "I should have \_\_\_\_ instead."
- "Next time, I will \_\_\_\_."
- "Will you forgive me?"

### **Encouragement for Parents:**

Conflict is part of growing up. The goal isn't to avoid every disagreement-but to help kids learn how to handle it well. When we teach repair and grace early, we're building skills they'll carry for life.