

Sibling Dynamics



What exactly is a sibling?

- Same **parents** and _____.
- Same **parents** and _____ home.
- Different _____ and same home.

Defining Fictive Kin – There is no _____ or _____ tie, but a strong, enduring bond exists.

Helping kids find their places

Helping kids find their places:

1. The place of _____. (Player)
2. The place of _____. (Team)
3. The place of “all y’all”(Taking the field)

3 Forces affecting identity formation

1. Security – I don’t have to have _____ up (Safe Environment)
2. Protection – You’ll keep me _____. (Possible Threats)
3. Acceptance – It’s okay to be _____. (Inner Threats)

Identity formation statements

I’m just like _____. (Identification)

I’m _____ like you/them. (Differentiation)

That’s _____.

That’s not _____!

Encouraging the “me”

- One-on-one _____
- Expanding view of self as _____
 - ☐ Cognitive Behavioral Therapy (CBT)
- _____ experience of security, protection and acceptance
- Helping them take _____ of their security, protection and acceptance
- Individual family _____.
- Affirmation

Moving to “us”

- Time _____.
- Shared _____.
- _____ - Developing predictability and expectations
- Teach/coach _____ skills.
 - Communication – Listening
 - Communicating feelings without blame or hurt
 - Respect & Boundaries
 - Goal setting to improve relationships
 - When you feel rejection
- Teach/coach _____ skills.
 - Negotiating for win-win
 - Fair Play
 - Deal making
 - Jealousy

Moving to “All y’All”

- Family playing _____
- Family playing _____
- Our family in community
 - We aren’t the _____ ones
 - Other families _____ like ours
 - All our kids need _____.

Notes:

Take the Next Step

Step 1 - connect –**familyexperience.gr8.com** or text **PATCH** to **44144**

- Coupon for 20% off The Family Experience
- A list of recommended books related to this presentation
- Follow-up on topics covered on today's presentation
- Access to the slides from today's seminar
- Bonus information about the internet and pornography
- Links to further resources from Covenant Eyes about effects of pornography on the brain.

Phone: 360-690-8495 **Web:** projectpatch.org **Email:** info@projectpatch.org

The Family Experience – A weekend get-a-way for the whole family to help pull the family together. Experiential based activities and skilled coaches to help you thrive. Learn how to understand differences, communicate, share values, step into conflict and change.

More information at **www.thefamilyexperience.com**

Youth Ranch – A place that helps teens who are living destructive lives find hope. This year-long program is for boys and girls ages 12-17 and includes individual and group counseling, school, spiritual growth, work and recreation. We are located in the mountains of Idaho and are licensed by the State of Idaho, The Joint Commission and AdvandED.

More information at **www.projectpatch.org**.

Today's Family Experience – Resources to empower parents and communities to be more effective with teens. This outreach includes seminars, blog, videos, and podcasts. We'd love to bring the extended version of this seminar to your church, school or community group.

Learn more at **todaysfamilyexperience.com**.

Cheat Sheet

Sibling?: Home, Different, Parents, Legal, Biological

Places: Me, Us, Shields, Safe, Me

Identity: You/Them, Not, Awesome, Fair

Me: Time, Center, Long-term, Ownership, Responsibilities

Us: Together, Responsibilities, Traditions, Interpersonal, Conflict

All y'All: Offense, Defense, Only, Look, Support