

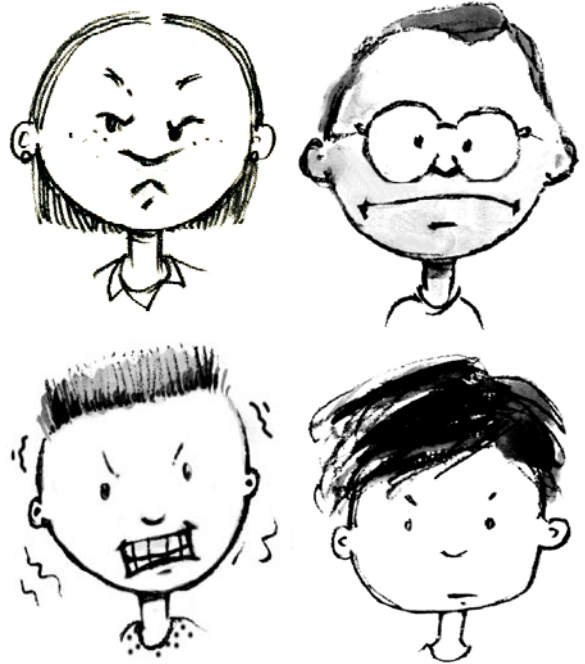
## It's Hard for Me to Get Along with Others

**M**y brother and I are constantly at each other's throats. We fight over toys, parent time, and anything else that is important to us. Sometimes, I don't even want to be in the same room as my brother. I just wish he would go away.

### What I Want You to Know

My number one goal is to get my needs met. Anyone who stands in my way is an enemy. Naturally, my brother or sister will seem like an enemy. So we often fight.

No one has taught us a better way of handling our feelings. This is where we need your help.



We need your help to learn how to negotiate. Help us think about each other's needs and how we can help each other get those needs met without fighting.

## Here's How You Can Help Me

*Make time for me.* Help me feel important and loved by spending one-on-one time with me doing something I love to do. Make sure we have space and time to each do our own thing. This can help prevent fights.

When we're fighting, *we need you to be a calming influence.* We need your help to stop and feel safe. You can sit us down and assure us that you're interested in what each of us has to say.

Once we've settled down, you could invite each of us to tell about our

needs. *Be patient* with my brother and me. It does no good to lecture and yell at us for fighting. *Listen to what we are saying.* See if you can find the need that each of us is trying to get met. We will need your help figuring out the best way to get our needs met.

If I want quiet time to work and my brother wants to play games, you might help each of us find our own space. We will learn problem solving skills as you help us find good ways to work things out. *Someday we'll be able to solve problems without fighting.* Maybe someday we'll all be friends.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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