

Biggest trauma

Treat each child as  
individual

The birth of a sibling is said to be one of the biggest traumas for a child. Each of your children is special, with their own unique blend of characteristics. Each wants to feel recognised and valued as they are, not how well they match up to sibling. Comparisons increase rivalry.

Make physical  
violence  
unacceptable

Ignore minor fights

Set a clear rule that hitting each other is not permissible. Give your children a chance to sort out their disagreements on their own. Don't jump in too soon otherwise you are rewarding their fights with attention.

Teach conflict  
resolution

When you do intervene, help them sort out the disagreement. Sit them facing each other and ask each in turn to give their account of what happened while the other listens. Then summarise the problem yourself and ask them to think of ways it can be resolved, or give suggestions if necessary.

Encourage  
cooperation

If one child is  
talented.

Give them a joint task to complete, such as putting cutlery on the table or sorting out toys. You may have to supervise until the job is done properly.

Encourage the other child to develop their own interests, hobbies and friends and emphasise and maximise their uniqueness to boost self esteem



**Attention**

We all need attention. Sometimes children do not think they are getting attention. Attention seeking is what we all do, it is natural.

What must a child in your family do to attract attention? What kind of attention are they seeking? Is the child with a rivalry problem successful at getting enough of the right kind of attention?

**No nicknames**

Ensure that any nicknames do not reinforce the problem: for example "Here comes 'trouble.'"

**Nutrition**

Avoid/reduce all refined, junk and processed foods and caffeine, which produce mood swings and aggression.

Aim for a mainly wholefood diet with plenty of good quality protein, fruit and vegetables.

Intersperse meals with healthy snacks.

Keep hydrated with 1-2 litres of water, milk, or diluted fruit juice a day.

Treat foods should always be after a meal

Regular exercise increases a feeling of well being.

**Aromatherapy  
Massage**

A massage from a parent will give a child quality time and attention, making them feel valued and loved.

Lavender and chamomile are relaxing.

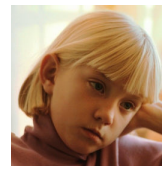




# The Clover House Solution

179F – Rachel, Aged 9

Behaviour and Sibling Rivalry



## The Problem

Mum came to us because Rachel was very angry, would not accept a telling off and could not control her temper. She also told Mum that she hated her, fought with her older sister, slept badly and said her school friends called her fat and stupid. The whole family was suffering.

**Creative Imagery:** We helped Rachel deal with her anger by using Russian dolls. The 2<sup>nd</sup> smallest doll looked angry and upset and Rachel was told a story about how the doll recovered and felt better afterwards. Our therapist helped Rachel to understand that the doll's life resembled hers. We also helped her to 'reframe' a situation where her sister had bothered her and Mum agreed to keep a log of their computer use to prevent arguments.

**Aromatherapy:** Rachel loved massage and was keen for Mum to do it every day; it made her feel safe and loved. We also encouraged Mum to praise Rachel to raise her self esteem and to ban any TV before bedtime.

**Nutrition:** Mum and Dad realised they were giving conflicting instructions to Rachel; they were both giving in to her for a quiet life, causing arguments. Rachel was helped to understand why some foods were bad for her and that it often took a long time to get used to new foods. We also persuaded her to take fish oil to reduce her sugar cravings.

## The Results

Her parents saw a change straight away; Rachel stopped having tantrums, slept better and started concentrating a lot more at school. Her sister was amazed that Rachel had started to mean it when she apologised.

After a year, Mum said Rachel was **"100% better... Clover House was absolutely wonderful, 10/10 for service... you helped all of us."**

## The Clover House Solution – Natural Healing for Children

[www.cloverhouse.org](http://www.cloverhouse.org) [info@cloverhouse.org](mailto:info@cloverhouse.org)

01225 344047

447 Bath Road, Saltford, Bristol, Bath and North East Somerset, BS31 3AZ  
Registered Charity – 1057408. Names and photo have been changed.