

Sibling Bullying

We trust the holidays were an enjoyable family time for you all. No doubt, if there is more than one child in your family, there were moments of despair when the children were not altogether generous and kind towards one another. Sibling rivalry or sibling squabbling is a common occurrence in families. According to Rachael Sharman, Senior Lecturer in Psychology, University of the Sunshine Coast in the Generation Next article linked below, sibling squabbling is more common when there is a first born boy in the family, in families with larger numbers of siblings, in households under financial stress and in families where parents are in high conflict with one another. In fact, Rachael Sharman goes as far as naming some rivalry as Sibling Bullying. In a recent UK study of 6000 children, 28% of children reported being involved in sibling bullying whether as a victim or perpetrator or taking turns in being both. The onset of the bullying begins at around 8 years of age. The article is an interesting read:

<https://www.generationnext.com.au/2019/07/nearly-30-of-kids-experience-sibling-bullying-as-either-bully-or-victim/>

Is this something you identify with in your family and are you left wondering what you can do to tame your 'bully'?

For more information on the topic of improving sibling relationships go to:

7 Ways Parents Can Address Sibling Bullying

<https://www.verywellfamily.com/ways-parents-can-address-sibling-bullying-460680>

Sibling Bullying Effects and

<https://www.verywellfamily.com/what-is-the-big-deal-with-sibling-bullying-460624>

Sibling Abuse and Bullying

<https://www.psychologytoday.com/us/blog/growing-friendships/201512/sibling-abuse-and-bullying>

What to Do When Your Kids' Biggest Bully is Their Sibling

<https://www.healthline.com/health-news/sibling-bullying>

We are always interested in providing you with the information that is engaging and relevant to you. If you have topics you would like more information about, please email us.

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