Welcome! We will begin at 8:00 p.m. EDT

• Please enable your speakers for audio.
• To ask a question during the session, use the chat tool that appears on the right side of your screen to send a message to the host.
• At the end of the session, there will be an opportunity for questions.
The issue of sibling rivalry isn’t unique to parents raising a child with a bleeding disorder, but when a child is diagnosed with a bleeding disorder, it affects the entire family dynamic. Unique factors contribute to conventional sibling struggles. Although the “unaffected” sibling does not physically have a bleeding disorder, they are very much affected by one. In this HFA Families webinar, we will address common issues and related strategies.

Moderated by:
Diane Horbacz, MEd
HFA acknowledges Novo Nordisk and AHF for their support of our Families Program.
POLL QUESTION

What is your biggest parenting challenge?

a. Dealing with jealousy and resentment
b. Dealing with arguing and fighting
c. Understanding causes of behavior
d. All of the above
Webinar Objectives

- Brief overview of social/emotional stages of development
- Identify and recognize the importance of psychosocial conflict in a child’s life
- Address Common Issues related to siblings
  - Jealousy, Resentment & Rebellion
  - Fighting and Arguing
- Identify Parent “Must Do’s”—
  - Psychological Guessing
  - Being prepared for battle
- Review “Parent Tips” on how to deal with various sibling issues
- Something to remember: Parenthood and Mistakes
Stages of Social-Emotional Development

- Children go through various stages of development.
- Psychosocial development impacts how children relate to one another.

*Home is really a tuition-free university where children study a life-long curriculum of decision making.*
Erikson’s Stages of Social/Emotional Development of Children

1. Basic Trust Versus Basic Mistrust (Infancy) – Development is dependent upon how children are nurtured during infancy.

2. Autonomy vs Shame/Doubt (Toddler age) – Children learn to become independent and in charge of their own behavior.

3. Initiative vs Guilt (“preschool age”) – Children develop skills through active play. They learn how to cooperate and how to lead.

4. Competence vs Inferiority (“school age”) – Children learn how to relate to peers according to rules. They also learn self-discipline.

5. Identity Versus Role Confusion (“Teen years”) – Teens learn how to answer, “Who am I?” This stage is characterized by role confusion and the development of identity.

Webinar Objectives:
- Brief overview of social/emotional stages of development
- Identify and recognize the importance of psychosocial conflict in a child’s life
POLL QUESTION

How often do you spend one-on-one time with each child?

a. Once a week
b. 2 to 3 times a month
c. Once a month
d. Less than once a month
Common Issues: Jealousy, Resentment & Rebellion

- Having a sibling with a bleeding disorder may cause feelings of jealousy or resentment.

- Sibling rivalry, struggles, battles and quibbles can occur when a “unaffected” sibling reacts to feelings of jealousy or resentment.

- Rebellion is a plea to “Treat me like I matter to you.”

Parent “Must Do’s”:
Psychological Guessing.....

- Determine behavior’s purpose
- Know to be “in tune”
- Identify “What is reality?”

Webinar Objectives:
✓ Address Common Issues related to siblings: Jealousy, Resentment & Rebellion
✓ Identify Parent “Must Do’s”—Psychological Guessing
In response to jealousy, resentment & rebellion

**Parent Tip**

Do not make one child the centerpiece of the family.

**Parent Tip**

Celebrate each child: Set up a special one-on-one time with each child.

**Parent Tip**

Talk with your child and use active listening techniques.

Active Listening
1. Listen without lecture
2. Validate feelings
3. Help find a solution

✓ Webinar Objective: Review “Parent Tips” on how to deal with various sibling issues
When my children argue, I usually.....

a. Tell my children that they should try to settle their dispute without arguing.
b. Try to quickly settle the dispute so that the problem doesn’t escalate.
c. Both a & b
d. Put in a pair of ear plugs.
POLL QUESTION

How well does your child without a bleeding disorder understand his/her sibling’s disorder?

a. Excellent age appropriate understanding
b. Good age appropriate understanding
c. Poor age appropriate understanding
d. Unsure
Common Issues: Fighting and Arguing

• It is impossible to have children who don’t fight.

• Fighting and arguing are other forms of attention getting behavior.

• Fighting and arguing are a normal part of social development.

• Should fighting be a cause for concern when your child has a bleeding disorder?

Parent “Must Do’s”:
Be prepared for battle…….
✓ Remove the attention
✓ Take deep breaths
✓ Invest in earplugs

Webinar Objectives:
✓ Address Common Issues related to siblings: Fighting & Arguing
✓ Identify Parent “Must Do’s”—Psychological Guessing
In response to fighting and arguing

Parent Tip
Don’t get too stressed over fighting. Change your perception and improve your attitude.

Parent Tip
Don’t get pulled into the fight or argument. Give them permission to “go work it out.”

Parent Tip
Look for teachable moment to explain conflict resolution skills.

Teaching strategies
1. Role Playing
2. Parables/Stories
3. Games
4. 7 positives for every negative

✓ Webinar Objective: Review “Parent Tips” on how to deal with various sibling issues
Remember....... 

Take the time to TALK
Take the time to LISTEN
Take the time to TEACH
Parenthood and Mistakes

Mistakes are a part of the journey called parenting. It won’t be easy. It won’t always be fun. But it will be worth it!

Parenthood is a long term investment. It involves the sting of failure, the frustration of set backs and the joy of success.

✓ Webinar Objective: Something to remember: Parenthood and Mistakes
One Final Parent Tip:

Relationships come before rules:

Teach your children to love others, to put others first, to be givers, not takers and to realize that it makes a difference how they conduct themselves. If discipline in your home is merely a matter of rules posted on the wall, it won’t work. “Rules without relationships lead to rebellion.”
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- Identify Parent “Must Do’s”—
  - Psychological Guessing
  - Being prepared for battle
- Review “Parent Tips” on how to deal with various sibling issues
- Something to remember: Parenthood and Mistakes
The Hemophilia Federation of America (HFA) is a national nonprofit organization that assists and advocates for the bleeding disorders community.

MISSION

Thank You!

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