



# Mealtime Minutes

## Sibling Conflict

**While it is expected that siblings have some sort of disagreement up to 4 times an hour, families frequently identify this as a real barrier to family mealtimes.**

### TIPS FOR PARENTS

- Give a 20 minute warning before dinner so that kids can wrap up their playtime.
- 10 minutes before the mealtime give kids a task such as helping to set the table.
- Use Stop, Think, and then Talk when family members disagree or get stressed out.
- Help kids to learn to respect each other's space (no touching, pushing, hitting).

