



## Sibling Strife Workshop



Do your children have trouble getting along? Is there sibling rivalry? Are your kids constantly turning to you to solve every problem? Would you like them to have a more positive bond? Could they benefit from improving their communication? If you feel lost about what you can do as parent stuck in the middle of sibling conflict, **come join our Sibling Strife Workshop for Parents and Kids!**

Through a series of activities, discussions, role-plays, worksheets, and videos, our group leaders will help parents AND kids learn new ways they can each contribute to improving the sibling relationship.

### Parents will:

- Understand common causes of sibling conflict
- Discuss the pros and cons of birth order and how this affects a sibling relationship
- Identify tips and tricks to improve communication between siblings and parents
- Learn when to intervene and when to stay out of it
- Focus on ways to improve a loving bond between sibs

Kids will learn ways to cope with frustrating moments and develop strategies to diffuse some of the most common conflicts, such as:

- Fairness
- Sharing
- Taking turns
- Teasing
- Bossiness



**When:** date and time **TO BE DETERMINED** based on client demand, **PLEASE CALL**

**Where:** [The Office of Wynns Family Psychology](#)

130 Preston Executive Drive, Suite 202, Cary, NC 27513

**Leaders:** [Dr. Kristen Wynns](#) will lead the parents group, [TBD](#) and a team of co-leaders will work with siblings, ensuring a small leader-to-child ratio

**Ages:** Sibling pairs ages 6–13, both parents are welcome

**Fee:** \$95 for two children. \$95 for one or two parents. \$135 total for both parents and children. A \$75 deposit is required to reserve a spot.

**Register:** Call 919-467-7777 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com).

Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) to learn more about the practice and the [group leader](#).

## Space is Limited So Call or [Email Now](#) to Reserve Your Spot!

### More expertise from Dr. Wynns on parenting:

- [My Carolina Today Parenting Videos](#)
- [Helpful Family and Parenting Articles](#)
- [No Wimpy Parenting Services](#)
- [See Our Full List of Group and Camp Services](#)
- [Learn More About Our Child and Teen Therapy Services](#)



*Kristen Wynns, Ph.D. is the owner and founder of [Wynns Family Psychology](#), a specialty child and family practice in Cary, NC. (Visit [WynnsFamilyPsychology.com](http://WynnsFamilyPsychology.com) for more information.) Married with two children of her own, she understands how challenging and complex both marriage and parenting can be. Dr. Wynns is also the creator of “[No Wimpy Parenting](#),” a resource for parents who want to take back their power as authority figures. (Visit [NoWimpyParenting.com](http://NoWimpyParenting.com).) Dr. Wynns offers in-person, phone, email, or video conference services to provide families*

*with experienced and customized therapy solutions, evaluations, social skills groups, parent coaching, and custody consultations.*

*Call (919) 805-0182 or email [Info@WynnsFamilyPsychology.com](mailto:Info@WynnsFamilyPsychology.com) to schedule an appointment or to learn more about the practice.*