

Raising Kind Minds

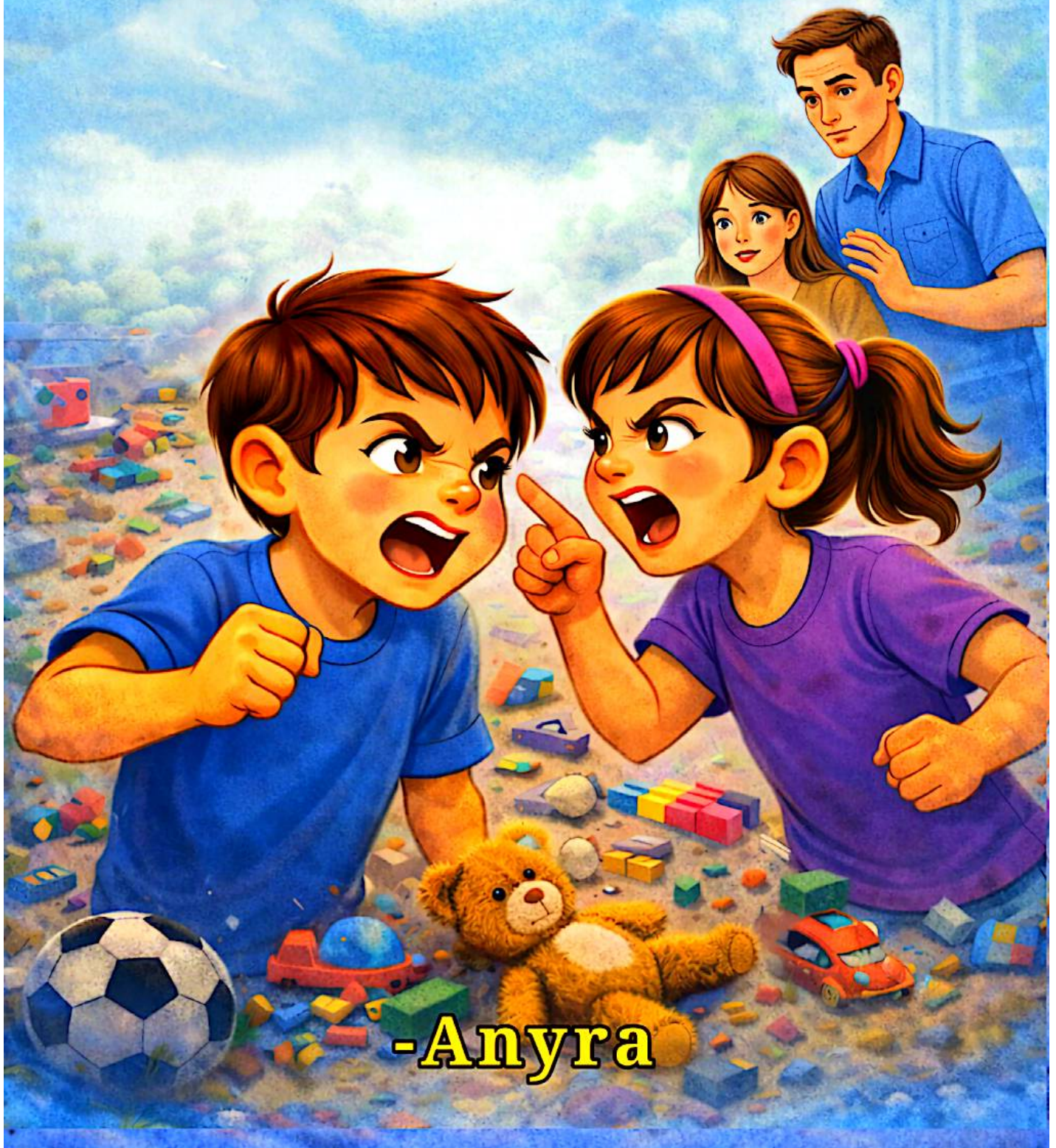
When Siblings Fight

You did
it

No, you
did it

A Gentle Guide for Children (4–12 years)
and Their Parents

When Siblings Fight



-Anyra

About the book

Raising Kind Minds is designed to help parents and caregivers support children **Aged 4–12 years** in developing **Emotional Intelligence** and **Mental Well-Being**.

This book helps children understand why **Brothers** and **Sisters** sometimes **Fight** and the **Feelings Hidden** behind those **Moments**. It gently teaches that using words is better than using hands and introduces simple “peace steps” to solve problems **Calmly**. Through **Kindness** and **Guidance**, the book **Encourages Respect**, understanding, and **Happier Sibling Relationships**.

Authors message

Sibling Fights are a **Normal** part of **Growing Up**.

They do not mean your children **Dislike** each other or that you are failing as a parent.

Children **Fight** when they:



- **Want Attention**



- **Feel things are Unfair**



- **Don't yet know how to Express Emotions with words**

This **Book** is not about **Stopping Fights Completely**.

With Warm And Care
Anyra

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Dedication

This book is dedicated to every Child learning to understand their feelings and every parent gently guiding them through big emotions. May kindness, empathy, and emotional strength grow in every heart.

Acknowledgments

With gratitude to the parents, educators, and children who inspire the vision of emotionally aware and kind minds. A heartfelt thank you to everyone who believed in nurturing emotions with love and patience.

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Why Do Brothers and Sisters Fight?

Brothers and sisters **Live Together**, **Share Toys**, **Space**, **Time**, and **Parents**.

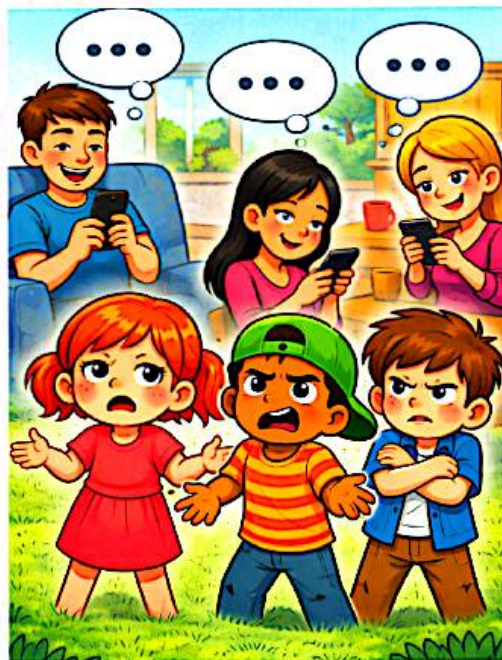
Sometimes, that **Feels Hard**.

Children **Fight** when:

- They want the **Same Toy**
- They **Feel Ignored**
- They think something is **Unfair**

Fighting does not make a **Child Bad**.

It means the **Child** needs **Help** with feelings.



Feelings Behind Fights

Inside Every Fight, there is a **Feeling**.

A **Child** may **Feel**:

- **Angry**
- **Sad**
- **Jealous**
- **Hurt**

Feelings are Okay.



When **Children** learn to name their **Feelings**, fights become **Smaller**.



Around Us

Example 1: The Toy Fight

Situation

Aarav (7) is **Playing** with a **Toy Car**.



Aarav **Pushes** her.
Anaya starts **Crying**.



What Happened

- Aarav felt **Angry** and **Protective** of his toy



- Anaya **Wanted** the **Toy** and didn't know how to **Ask**



- Both used **Actions** instead of Words

Solution (What They Can Do Instead)

Aarav says:

"I'm using this toy. You can have it after five minutes."

Anaya says:

"Okay, I will wait."



A timer is set.

Both children feel **Heard and **Calm**.**

Around Us -Example 2

The Fairness Fight

Riya (10) gets **Two Chocolates**.

Karan (8) gets **One**.

Karan feels it is **Unfair** and **Throws** the wrapper **Angrily**.



What Happened

- Karan felt **Ignored**
- **Anger** came out as **shouting**



Solution (What They Can Do Instead)

Karan takes a **Deep Breath** and says:

"I feel upset. I want things to be equal."

The parent listens **Calmly** and **Fixes** the **Problem**.

Both children get **Equal** chocolates.

Words Are Better Than Hands

Hands can Hurt.

Words can Help.

Children can say:

- "Please stop."
- "I don't like that."
- "Can we share?"
- "I need help."

Using Words makes everyone feel **Safer**.

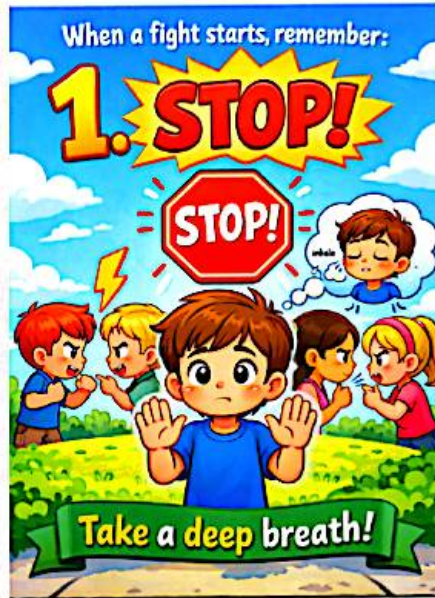


The Peace Steps

When a Fight Starts, Remember:

- **Stop**
- **Take a Deep Breath**
- **Say How You Feel**
- **Find a Solution Together**

Fights End Faster when we **Work** as a **Team**.



Book summary

This **Book** helps children understand **Sibling Fights** as a **Normal** part of **Growing Together** and explores the **Feelings** that cause **Arguments**. It teaches children to **Pause**, use words instead of **Actions**, and follow simple **Peace Steps** to solve problems **Calmly**. With **Gentle Guidance**, the book supports **Children** in building **Empathy**, **Cooperation**, and **Stronger Bonds** with their **Brothers** and **Sisters**.

With **Kind** words and **Calm** steps, we can **Find Peace Together**.

A Message for Children

Brothers and **Sisters** may fight.
But love is always **Bigger** than fights.
We make **Mistakes**.
We **Learn**.
We **Try** again.

Thank You

