

Laughterhood

A SIBLING'S...SURVIVAL GUIDE

-Caring for Aging Parents -

LONG STANDING GRIEVANCES COME UP FOR AIR.

Like so much to do with caregiving, these clashes often come as a surprise

IT HAPPENS TO EVERYONE BUT..

-It's so upsetting because they're your tribe -

THE GOOD NEWS IS THE PAIN A RELATIONSHIP CAUSES IS directly related to the opportunity for healing.

IT DOESN'T HAVE TO BE THIS WAY SIBLINGS can be a source of strength & comfort **YOU CAN'T AVOID CONFLICT** BUT TAKE IT ONE SITUATION AT A TIME -I know! Easier said than done.

TRY AND OPERATE AS A TEAM

Set clear roles and responsibilities

Divide up tasks according to strengths and skills - **LET EVERYONE DO WHAT THEY DO BEST!** **SET GROUND RULES!**

GET PROFESSIONAL HELP Before conflicts become insurmountable. -It can make all the difference - **THIS IS NOT** a frivolous **EXPENSE!**

BE CONSCIOUS - Examine your own role in the family dynamic!

THEY'RE YOUR TRIBE **REMEMBER** **FAMILIES ARE IMPERFECT** SO DEVELOPS STRATEGIES TO COPE WITH IMPERFECTION.

CURB THE BITTERNESS **THEY DON'T APPRECIATE ME!** is **SO** primal and **BOTTOMLESS**
