



Stop & Go Door Signs for Siblings

Stop & Go Door Signs for Siblings encourage assertiveness, setting and respecting boundaries, cooperation and spending time together.

Learning to respect the boundaries of others, including siblings, is important for peace in the home. Younger siblings want to be around their older siblings frequently, yet older siblings sometimes need their own space. Hurt feelings, frustration, and sibling squabbles are the inevitable result.

Adults in the home can help older siblings respectfully set “time for themselves” boundaries and help younger siblings respect and honor these boundaries using the STOP and GO visuals included here. You may choose to punch holes and hang the signs from a door handle.

Use the provided conversation starters to teach your children how to use the signs to set boundaries, as well as encourage cooperation and spending time together.

STOP & GO DOOR SIGN FOR SIBLINGS

CONVERSATION STARTER (with older sibling)

“_____ wants to spend time with you, but you also need time for yourself. Put the **STOP** sign on your door when you need some space. Also, think of some times you could place the **GO** sign on your door and spend some time with _____. When would you be willing to spend time with _____ this week?”

CONVERSATION STARTER (with younger sibling)

“_____ wants to spend time with you, but _____ also needs time for themselves. When the **STOP** sign is on the door, that means it is **NOT** time for you yet. You are waiting for your time together. Take 3 deep breaths. You can handle it. When the **GO** sign is on the door, that means it is time. And it also means you did it! You waited for time with _____.”



