

MOTHERING



The Sibling Attention Map: Make One-to-One Time Fair Without Keeping Score



A PRACTICAL COMPANION TO THE GUIDE

Build a realistic sibling attention plan that separates equal minutes from individual needs, with invitation scripts, examples, and a printable family workbook.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01



Name the invitation

Write one activity the child actually wants, a realistic duration, and two possible times. Ask rather than assume. Record whether they prefer talking, making, moving, or simply being beside you. A reluctant answer is useful information. Reduce the pressure or change the invitation instead of turning the time into a lesson about gratitude.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Separate care from connection

Record appointments, homework support, and daily care in one column. Put freely chosen individual time in another. This prevents a sibling's care needs from disappearing inside a supposedly equal schedule. It also helps you see whether a child receives plenty of help but little uncomplicated attention. Do not show private care details to siblings.

YOUR WORKING RECORD

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EXERCISE 03

Make interruption plans

Write who supervises other children, what the interruption threshold is, and how you will resume if needed. Emergencies come first. Ordinary requests can wait when another responsible person can help. If supervision is unavailable, design an activity that works safely in a shared room. Call it focused time rather than promising privacy you cannot provide.

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EXERCISE 04

Use an honest fairness script

Prepare a short response for comparison: 'Different needs take different kinds of time. Your invitation is still important, and we will keep the time we agreed.' Leave space for the child's answer. Ask what specifically felt missing. Do not use a sibling's difficulties to silence another child's feelings or disclose something the sibling expected you to keep private.

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EXERCISE 05

Record cancellation and repair

Note a missed session and the next available repair time. Count repeated cancellations as a planning problem, not evidence that the child is demanding. If the same window fails twice, change the window before adding another promise. Tell the child the new plan plainly. A record keeps you from relying on memory when the week becomes crowded.

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EXERCISE 06

Ask for feedback without grading affection

Use two questions: 'What part did you like?' and 'What would make this easier next time?' Accept an answer about the activity rather than expecting a declaration of closeness. Record one change you can make. Keep the parent's capacity on the page too, so a successful practice remains something you can sustain.

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