

Even the most picture-perfect families can struggle to get along from time to time - a reality highlighted by a recent high-profile family fallout making global headlines. For parents, this can raise important questions: **how do we reduce the risk of painful rifts, support siblings through conflict and ensure communication with children stays open and honest**, rather than issues being quietly brushed aside?

The Tooled Up platform has a wealth of expert-led resources to help parents navigate life as family relationships evolve and change, and a selection are shared below.

With younger children, feelings about family life can be explored through play or stories. As children move into the **tween and teen** years, **conversations may need to be more intentional.** Thoughtfully planned check-ins can help surface concerns early, before small issues grow into bigger ones. [How to 'Audit' Family Life and Have Difficult Conversations](#) offers **practical prompts and strategies to help you start these conversations early.**

Sibling relationships from early childhood through to adolescence play an important role, influencing social and emotional development. Where positive, they support communication, empathy and emotional regulation; when conflict is frequent or unresolved, behavioural and social challenges can follow. Paying attention to this relationship really matters. [Nurturing Positive Sibling Relationships: Tips for Parents](#) shares **simple, positive steps to encourage kindness, collaboration and greater harmony at home.**

For some families, challenges may be compounded by separation or relationship breakdown. If this is your experience, you're not alone. [30 Ways to Support Your Child Through Parental Separation](#) is **packed with practical guidance** to help children feel supported, loved and considered as families adjust to new arrangements.



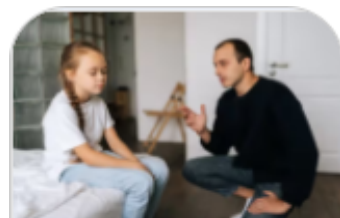
Turning Over Stones: How to 'Audit' Family Life and Have Difficult Conversations

Tips to Try 4 minute read



Nurturing Positive Sibling Relationships: Tips for Parents

Tips to Try 7 minute read



30 Ways to Support Your Child Through Parental Separation

Tips to Try 4 minute read

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