**Lifting State Up**

**Problem**

When two sibling components need access to the same piece of state, React's one-way data flow (from parent to child) makes it difficult to share state between them directly.

**Solution**

Move (lift up) the state to the closest common parent component. This parent component then passes the state down to both sibling components via props.

**Child-to-Parent Communication**

**Problem**

After lifting the state up, how can a child component update the state now residing in the parent component?

**Solution**

Pass the state setter function from the parent component down to the child component via props. The child component can then use this function to update the state in the parent.

**Inverse Data Flow**

This technique is also known as inverse data flow because it allows data updates to "flow up" from child to parent, despite React’s one-way data flow.