

Raising Great Kids



MAY

Sibling Rivalry

Sibling rivalry serves an important purpose for children. They have an opportunity of learning how to live with another person, how to share, how to win as well as lose, and how to cope with their less than loving feelings at times. These are skills they need to learn to prepare them for adulthood.

The real challenge for a parent is not to try to stop the sibling rivalry, but to keep it healthy. Here are some reasons children fight.

- ☹️ They fight to compete for adults' attention and approval. Children will do whatever they can to get attention.
- ☹️ They don't know how to share nor how to express their anger properly. Most children do not want to share so parents need to teach them the value of sharing.
- ☹️ Children fight because they enjoy it. When a child is home and bored, it may be easier for him --to pick a fight with his sister.
- ☹️ Children fight for power.



What are some things parents can do to keep sibling rivalry at a healthy level?

- 😊 Set up clear boundaries. Teach children whose room is whose, whose toys are whose, and which ones belong to the whole family.
- 😊 Teach positive ways of expressing anger. Teach children that anger is a feeling NOT an action, such as shouting, hitting, shoving.
- 😊 Do not deny your children's negative feeling toward each other. Allow each child to describe to you what is happening and how he feels. DO NOT take sides and DO NOT judge.
- 😊 Stop hurtful behaviors. Teach children that home needs to be a safe place. Acknowledge when children are kind to each other.
- 😊 Be mindful of and attend to each child's needs. Give time to each child according to what he needs. 🦋

Source: Fighting the Sibling Rivalry Monster, Dr. Linda S. Budd, Family Information Services.

Safety Scoop

Teach your child that if the telephone rings, she should:

- ☎️ say "hello" but never give her name
- ☎️ never give out information about the family
- ☎️ never tell the caller she's by herself at home
- ☎️ call you or another adult if she's afraid 🦋

Source: Florida Children's Safety Center, online publication.

Did You Know?

Did you know that calmness helps to lessen your anger? Here are four steps to staying calm.

- 1** Stop, breathe, and count. Stop. Put space between you and your child. Breathe. Relax. Count and put your mind on something else.
- 2** “See” and “hear” yourself. Think about what is really happening. What lesson do you want your child to learn?
- 3** Change your expectations. Make sure you are not expecting too much from your child for his age. The more unrealistic your expectations are, the more likely it is that you will get angry when your child (mis)behaves.
- 4** Plan ahead. Look at the situation. Can you change something next time. 🦋

Source: Understanding and Managing Parental Anger, Elizabeth Pantley, Family Information Services.



Chilly Willy Sandwich

Spread ¼ cup of your favorite yogurt on a waffle, top with ¼ cup fresh fruit. Fold into a sandwich. Freeze in plastic wrap. 🦋

Kids Can Help

Children can bring and measure ingredients. An adult needs to operate the stovetop.

All children must be supervised when they are in the kitchen.



Q & A
On Saturday's I take my 3-year-old daughter shopping. The trips turn into grumbling and begging sessions as she asks for everything she sees. I end up giving her what she wants to prevent a scene in the store. How can I stop this habit?



Grocery shopping with a young child can be difficult for the parents as well as the child. For the child, the grocery store may be too exciting with all the brightly colored, easy-to-reach items. Usually parents are rushing as they shop and this makes the child even more excited. Here are some things you might try to make grocery shopping more pleasant for you and your child.

- 🦋 Plan to go shopping at a time when your child is not hungry or overtired.
- 🦋 Talk with your daughter ahead of time. Tell her what you expect and what she may and may not have.
- 🦋 Let her choose one treat from a few selections you have made as soon as you get to the store.
- 🦋 Make a game out of shopping, e.g., ask your daughter to tell you when she sees a green or blue bottle. Give her some activity that will hold her attention. 🦋

Source: Dr. Martha Farrell Erickson for Family Information Services.

Palm Beach County Extension ~ University of Florida/IFAS ~ Family & Consumer Sciences
 559 North Military Trail ~ West Palm Beach, FL 33415-1311
 561-233-1742 ~ pbcgov.com/coopext/FACS



MR 🦋 *IFAS* 7/07

