



Parent Connection

VBS is coming!
Watch for details
coming soon.



SIBLING RIVALRY JUNE 2009

Perhaps you are blessed with a home where your children never fight with one another. If you are, you must be from another planet! Every parent is frustrated at times with the way children relate to one another as they are growing. Here are some tips to help alleviate your frustration, and theirs:

**When you can ignore minor fighting, do so. Let the kids work it out. If you don't children will never learn how to resolve conflict on their own.*

**See fighting as a teachable moment for kids. Help them become problem solvers so that they can learn to resolve their own conflicts peaceably.*

**It is important that you remain in control when dealing with*

outbursts. Don't allow your temper to flare as you are trying to instill peacemaking values.

**When you expect disagreements/hurt feelings to occur, then you can calmly ask questions like these: "What's going on here?", or "How are you going to solve it?", or "What will you do about it now?", or "How will you handle this next time?"*

Listen mostly for feelings and affirm what you hear. Don't dismiss or bypass negative feelings. Show children acceptable ways to express anger. Use as few words as possible to state what you expect. Avoid lectures, threats, and sermons. Follow through with what is decided. Don't give in or change your mind. (i.e... 'no bike for 1 week' and in 3 hours

you give in because she is bored).

When fighting moves from arguing to a more physical arena, hurtful actions need to be stopped immediately. Deal with the injured or wronged child first, giving him/her lots of positive attention. The offending child must be given a clear message about his/her wrong actions as well as natural or imposed consequences for their wrong choices.

NEVER use negative labels such as "You always..." or "You are bad." Make sure that the child understands that it is their **behavior** that you don't like, but that you always love them.

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