

## NEWSLETTER

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### PEACE BETWEEN SIBLINGS

Last month's newsletter dealt with some general things about making a peaceful home. One reader said my advice was all well and good but what should you do to cut down the level of sibling squabbling.

Tough question because sibs are supposed to squabble. Have you ever watched a litter of puppies growling and biting? They are hard-wired to do this, it's in their genes and the purpose of the tussling is to prepare them for adult fighting.

Kids are hard-wired too. The reason siblings fight is to practice getting along with others. We are a social mammal and have to learn this art although I admit quite a few of us never quite get the hang of it.

Three hints to lessen the effects on busy parents who need some peace and quiet:

**KEEP THE NOISE LEVEL DOWN.** A separate playroom for the kids works great. Alternatively, when the noise starts to bug you **SUGGEST A QUIET GAME** or **SEPARATE THE KIDS**. Tell them you can no longer stand the noise so it's their choice: quiet down or play alone.

**ENCOURAGE THE CHILDREN TO PURSUE SEPARATE INTERESTS.** Often parents are so used to lumping the kids together that they forget to watch for special interests and talents which can be developed.

**SPEND SOME TIME EACH DAY WITH EACH CHILD ALONE.** Don't worry: all this takes is a few minutes a day with each child provided you devote your **FULL ATTENTION** to the child during the time you are alone together.