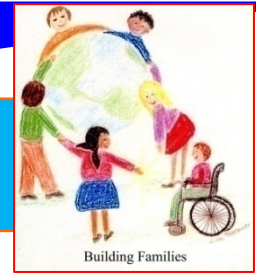


Building Families Empowerment

Every child, beginning at birth, will be healthy and successful.



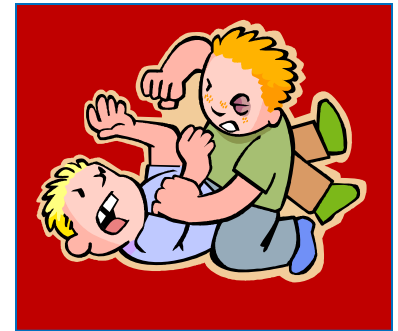
Parenting Pal- January

Siblings Fighting like Cats and Dogs?

If you have ever had a sibling, you know hard it is to get along with them sometimes. As a parent you don't want to see your kids fight, but you're tired of hearing it! Here some tips to deal with the sibling rivalry!

- Give each child their own attention. Many times fighting with siblings is a way to try to say "Hey! I need some attention!" Work one-on-one time into each child's routine. If a child knows that they will be getting their own attention they are less likely to try to get attention by acting out.
- Make sure that each child has their own space or toy. It is important to share, but there should be some things your child has all to their own. Your child may be more willing to share if they have the option to share or claim it as their own.
- Children use fighting with their siblings as a way to problem solve and they will need these skills in life so let them try to solve the disagreement on their own. Teach your child language to problem solve, give them choices, show them how. Intervene when someone is getting hurt or a solution is not being made; step in and offer some options on how to make it work.
- Avoid taking sides or making comparisons. It takes two to have a fight, no matter who started it. Taking a side or comparing the children to each other only builds more resentment between the siblings and will lead to future fights!
- Step in. Calmly stop the fight, help your children listen to each other and what they are really needing or wanting, think of different ways to solve the issue, and choose an idea that works for everyone. If the fight is too escalated, calmly separate the kids and give them time to cool down. Come back and start this process over.
- Model behavior. Be fair and calm. Children often copy parents and will treat a sibling how they see you treat others. Be aware you are setting an example with your actions.
- It's normal! Fighting is a process all siblings go through. Give them the skills to work it out and you will help them solve conflicts with more than just their siblings.

You can find past Parent Pals, find websites used in Parent Pal, learn about our programs, and read our newsletter on our website <http://www.buildingfamilies.net/>



I made myself a snowman,
as perfect as can be

I thought I'd keep it as a pet,
and let it sleep with me

I made it some pajamas,
and a pillow for its head

then last night it ran away,
but first it wet the bed!!!



Resources: *ISU Extension* Getting Along: Siblings Fights (find full article on Building Families Website under Parent Pal)
Positive Parenting: Growing Up with Brothers and Sisters

Parent Education



Helping You and Your Child
Grow as a Family!



Parenting with Support

Building Families is holding a parents support group at the First United Methodist Church in Clarion. It will be held from 5:30-7:30 every second and fourth Thursday of the month until May.

Parents will learn effective parenting skills, get support from others, and achieve personal goals.

Free meal and child care provided.

Please contact Amy Muller to register if you would like to participate.

Dates at the First United Methodist Church:

January 8th and 22nd

February 26th

SMART DISCIPLINE

Nationally acclaimed workshop for parents, grandparents, educators, and child care providers! For Ages 3-18

Get help to stop fighting, disrespectful language, homework hassles.

Get help to get your children to clean their room, do what you ask the first time, and get to bed on time.

FREE! At the Bridge (905 Des Moines St., Webster City) January 17th from 10am-12pm.

Please register by calling 515-832-2683 or emailing webstercitycoc@wmtel.net

Parents who register by Jan. 9th will receive child care if requested.

Thursday,
Jan. 15th &
29th

Starting at
5:30

Stratford
Elementary
Library

Dinner will
be served
at 6:45

Dinner and
child care
will be
provided
for free.

Positive Solutions for Families is being offered at Stratford Elementary. This series discusses building relationships, positive encouragement, making clear expectations, managing anger, routines and much more!

This is a series of six sessions. Come to all or the ones you can make!

Sponsored by Building Families, Prevent Child Abuse Iowa, and Stratford Community School District

February 5th

February 19th- Snow make-up date

In-home learning visits are available for parents. Please call Amy Muller at 515-832-1791 to schedule in-home visits to help parents with discipline, support, and to find out what other services are available to help!

C.A.R.E.S.

If you have any questions call Kim Mohr at 515-890-1128.

Humboldt

January 12th and 26th from 5:00-7:30. Meal included. Free Child Care provided.

Webster City

January 8th & 22nd at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care provided.

Winter Car Kit

Iowa winters are cold, snowy, and unpredictable. You can go somewhere and the weather is fine and then you go to leave and it is a blizzard. Here are some ideas to keep in the car for those times where you may be stranded.

Flashlights with extra batteries

First Aid Kit with pocket knife

Necessary medications

Several blankets and sleeping bags

Extra newspapers for insulation

Plastic bags for sanitation

Matches

Extra set of mittens, socks, and a wool cap

Rain gear or extra clothes

Small sack of sand for generating traction under wheels

Shovel

Tools like pliers, wrench, and screwdriver

Booster Cables

Set of tire chains or traction mats

Cards, games, and puzzles

Brightly colored cloth to use as a flag

Canned fruits and nuts/ non electric can opener

Bottled water