



June 2008

Meet Kristi Miller



Kristi Miller, MA, CAPI, and Solutions in Parenting Founder, is a [Certified Aware Parenting Instructor](#) and Parenting Consultant who offers a distinctive form of parent education coupled with hands-on training for parents and their families. For more than a decade, Kristi has been dedicated to a specialized form of parent education she developed, [Bond Strengthening Parenting®](#), which honors and encourages parents and helps them define and maintain their own personal styles. This, in turn, allows children to thrive in a loving and collaborative environment.

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Parenting Center

Schedule of Events

We are excited to present two one-day intensive summertime parenting workshops.

Both workshops combine parenting education, hands-on training plus lively, interactive discussions. They will offer parents and caregivers the tools to effectively relate to children of all ages.

Sibling Relationships

Welcome to the June, 2008 Solutions In Parenting Newsletter!

Summertime can be a time of relaxation, vacations, camps, family-time and fun. However, every parent knows that summer can also present challenges of its own. Children may be home more than during the school year, childcare situations may change, and children may feel restless and uncomfortable with a change in routine. All of these factors can lead to curious and sometimes disturbing behaviors from children; especially between siblings.

Parenting siblings can be extremely challenging. We know this, and we would like to offer some effective ways to parent siblings while still keeping your sanity.

Because we know siblings can be a challenge, we are offering a **Solutions in Sibling Rivalry Workshop** in July. Check out the details below, or go to www.solutionsinparenting.com for more information.

We are also offering you our **Five Essential Tips for Parenting Siblings**. These tips will help every parent of siblings deepen and improve your relationship with your children and help your children improve their relationships with each other.

Happy Summer!

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Five tips for Parenting Siblings

There is no disputing the fact that when people, especially younger ones, live close to each other sharing space, resources and parents, there will be conflict. Couple that with the fact that siblings are still developing verbally, intellectually, and psychologically at varying paces, and that can spell t-r-o-u-b-l-e.

Sibling conflicts can be some of the most challenging conflicts to address in a family because they can be so confusing and sometimes even frightening. Parents may not know when to intervene, what to say, who to discipline, or why the fighting is happening so much. As parents, we may be shocked by the hateful aggression our children can show toward each other only to be relieved to see them laughing and loving the next moment. The fights themselves can range from subtle pokes and prods to full-on brawls, all testing the patience and skill of any parent.

Sibling conflict or "rivalry" means the antagonism or hostility between brothers and/or sisters that shows itself in circumstances such as arguments, fights, whining, nagging, and various other forms of conflict. The root of sibling rivalry is not too hard to find. The problem is one of competition for limited or scarce resources. The limited resources in this case are usually parental time, attention, love and approval. In our busy lives, it is so easy to forget that our children (yes, even our teens) may feel there is simply not enough love to go around and they may attempt to get their needs for our attention met in some very disagreeable ways.

As parents, we can consider sibling conflicts as a curse or as an opportunity to teach our

Solutions for Sibling Rivalry Workshop

In this workshop you will learn:

- The most common reasons why children of all ages fight with each other
- How to help siblings effectively resolve conflict
- When and how to intervene
- How to encourage positive feelings between siblings

This workshop is perfect for:

- Parents with multiple children of all ages
- Teachers, counselors, psychologists, psychotherapists
- Grandparents, caregivers, significant others
- Anyone else interested in learning how to help siblings effectively resolve their conflicts

Saturday, July 19, 2008
9 a.m. to 3 p.m.

Peabody Charter School's
Exploration Center

3018 Calle Noguera
Santa Barbara, CA 93105

[Click here](#) for more information and to register.

[click here](#) to download workshop flyer.

Solutions in Discipline Workshop

Back by popular demand! In this workshop, you will learn:

- How to eliminate power struggles with your children from toddlers to teens
- How to handle temper tantrums, peer issues, sibling rivalry, and defiant behavior
- How to prevent conflict with your teenagers?
- How to discipline effectively without punishments?

This workshop is perfect for:

- Parents, grandparents, daycare providers, teachers
- Physicians, psychologists, psychotherapists
- Anyone else interested in learning effective, long-

children essential life skills for conflict resolution. In order to do this, it is important for parents to understand the roots of sibling rivalry and to have a basic outline for how to handle the conflicts when they do arise.

Five Essential Tips to Resolve Sibling Conflict.

1. **Sibling inheritances:** If you come from families of origin where you had one or more brothers or sisters, chances are your experiences as a child will be a big factor in how you deal with your children and their sibling conflicts. For example, if you were a firstborn child, you may put a lot of pressure on your children because your parents may have expected too much from you (a very common, first-child family dynamic). Or perhaps as a last-born, you become extra-angry when your older children act bossy or critical with a sibling because it may remind you of how you were treated by your older siblings. Or maybe you were an only child and seeing your children in sibling conflict feels confounding and foreign because you did not have that kind of relationship growing up. Taking the time to explore how you were raised and the issues you had with your siblings can give you great insight into how you parent your children.

2. **The gift of time:** Each child, no matter what age, has a biological need for a deep connection to his or her parents or primary caregivers. Children, especially very young children, are still forming bonds with those around them. It is not enough to assume that children know we love them. We must show them just how much by giving each child the time to feel our undivided love and attention without the direct presence of a sibling. Give them your time, and your children will be able to feel less competitive with their other siblings for your time.

3. **Model behavior:** A huge portion, up to 95%, of what children learn in the home comes from how they see the adults around them behaving. This means you can lecture, teach, talk and preach about how children *should* act, but if that is not reflected in your behavior, chances are they will not learn it. Parents and adults need to show children how to be in a relationship with others that are compassionate and respectful, even in times of conflict. These are the behaviors your children will ultimately learn from you.

4. **Conflict Resolution:** Instruct your children how to use appropriate conflict resolution skills when they are fighting with each other. This means teaching your children how to speak about what they are feeling, how to take turns listening to each other, and how to make their own decisions about reaching solutions that meet every one's needs. They will learn essential life-skills and you will benefit from children who know how to fight "well".

5. **Fair but not always equal:** There is a big and important difference between "equal" and "fair". It is impossible for parents to treat each child equally all of the time because each child's needs are unique, just as each child is unique. Trying to keep all things equal will wear down even the most determined parents. It also contributes to an environment of competition, jealousy, comparisons, and yes, rivalry between siblings. Making sure that all children know they will get what they need, when they need it is a much more realistic goal than making sure they all get the same things at the same time.

Again, it is rare when a parent can employ all of these steps all of the time. If these concepts are new to you, try just one this week. If you already know these steps, try to deepen your skills at each level. We are always curious, so let us know how it goes!

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For even more parenting skills, join us for one or both of our one-day intensive parenting workshops this summer. See the sidebar for more information or visit our website,

www.solutionsinparenting.com

lasting discipline
techniques

Saturday, August 16,
2008
9 a.m. to 3 p.m.

Peabody Charter School's
Exploration Center

3018 Calle Noguera
Santa Barbara, CA 93105

[Click here](#) to contact us, and to
register.

[Visit Solutions in Parenting](#) to see our
website and learn what we can
do for you.

[Visit useful parenting links and resources](#)

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Monthly Parenting Challenge

How do you react to your
children's fights? We all react to
conflict differently, and being
aware of how and why you react
to your children when they
argue can help you identify
areas where you may need to
intervene differently, help more,
or stay out of their way
completely so they can work it
out on their own terms. This
month, when your children fight,
what happens to you? Do you
react out of anger and punish
everyone? Stick up for the
youngest? Feel confused and
fed-up? We are curious...let us
know

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What is Parenting Consultation?

We are offering personal
parenting education and
consultation for committed
parents who want to raise
confident, compassionate and
responsible children.

It is now possible to bring an
experienced consultant into
your family life on a regular
basis. Either by phone or in
person, your consultant can
help you create solutions to
your daily parenting challenges
with loving and effective lifelong
parenting techniques. Start
being the very best parent you
can be **today**.

[Call us](#) today for your free 30-
minute gift session to see if
parenting consultation is for
you.

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We want to hear from YOU

Are you struggling through some parenting "rough spots" right now and need a bit of advice? We are always here for you. Whether you are in the middle of a divorce, potty training your toddler or screaming at your teen, we can help. Send us an [email](#) and we will respond with some helpful guidance to get you through.