

# Sibling Rivalry: The Magic Secret That Stops It Immediately

by: Stephanie Gallagher

It's a familiar scene: Kids screaming at each other, complaining that, "He got a bigger piece of pie," or "She got to stay up an hour later last night."

When sibling rivalry rears its ugly head, what do you do?

Try to reason with the kids? Scream, threaten or punish them? Ignore it and run for cover?

None of these methods is very effective for very long.

But I've discovered a tactic that works every time. It really is guaranteed to end sibling battles, almost instantaneously. The only downside is it requires a bit of patience on your part.

The trick is understanding that it doesn't matter what the kids are arguing about, the real battle is for your attention.

Really. They could be screaming at the top of their lungs over who gets to play with a certain toy. They could be red-faced and foaming at the mouth over who got to sit in the favorite chair. It doesn't matter what they're arguing about. What they're really saying is, "Mom, I want more of your attention. I want to know you love me."

Understand this, and you're 80 percent of the way to resolving all sibling battles.

So here's how to resolve the battles: Try to catch them before the argument escalates to the point where one or both kids need to be reprimanded.

If you can't do that, wait for the next time. There always is a next time, isn't there?

Next, make it clear that you aren't taking sides.

Now try to discern which child is feeling the need for attention most. It will typically be the child who turns to that child first and say, "Look, I can see you're upset. I'm wondering if maybe you need a little more attention around or whatever you do when you give your kids attention.)

When that child is calm, repeat with the other child(ren).

Your goal is to let your kids know that:

1) You understand they need your attention; and

2) You accept them; and

3) You aren't going to judge them for needing or wanting your love.

Depending on how old the kids are and how long the rivalry has lasted, you may hear a little sarcasm and keep offering more attention, you'll be amazed how quickly the arguments disappear. Giving them attention doesn't mean you have to be at their beck and call for the rest of the day. It may just mean sitting quietly and playing a game of their choice for a few minutes.



Quiz: What do you know about ... your heart?

- The heart pumps blood around our body through blood vessels.
- Your heart is located in your chest and is well protected by your rib cage.
- The study of the human heart and its various disorders is known as radiology
- The heart is made up of two chambers, the left atrium & right atrium.



# Valentine's Day Calzone Recipe

Kids can help filling the dough and crimping the edges!

For the dough:

- 1 pkg yeast
- 1 Tbsp sugar
- 1 cup warm water
- 1 tsp. salt
- 3 Tbsp olive oil
- 1 ¾ cup white flour
- 1 ¼ cup whole wheat flour

For the filling:

- Mozzarella cheese
- Marinara sauce
- Turkey pepperoni

Combine yeast, sugar and warm water and let set for 5 minutes. Mix remaining ingredients and then add yeast mixture. Let dough rise, in a warm place, for about 1-2 hours, until double in size.

Roll out a small portion of the dough at a time, cutting two equal sized hearts. Fill middle with a thin layer of marinara sauce, turkey pepperoni, and cheese, and then layer the top with another heart and crimp the edges together with a fork. Set on baking tray. Bake at 400 for 10-15 minutes until lightly browned. Test to make sure dough is done baking. Serve with marinara sauce for dipping.

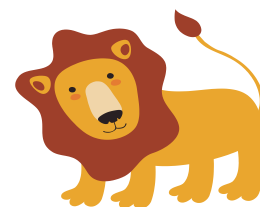
# Quiz Answers:

- **True** – Blood vessels carry blood from your heart around all parts of your body.
- **True** – The rib cage protects your heart in your chest.
- **False** -The study of the human heart and its various disorders is known as cardiology.
- **False** -The heart is made up of **four** chambers, the left atrium, right atrium, left ventricle and right ventricle.





To: Miss Janice's Lions



# A Lion's Tail

## February 2013

Roses are Red, Violets are Blue...

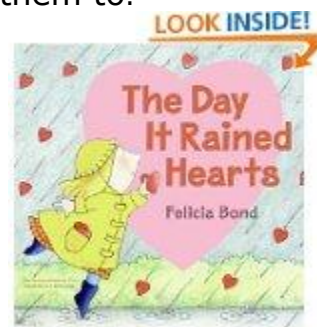
...our little Lions sure love you! February is a great month filled with celebration for our family & friends. The Lions have gotten to be a close knit group. They enjoy working together and helping each other through many academic challenges. Miss Janice is very proud of the progress that all of her Lion friends are making. This month we will continue learning about lots of fun things like: Antonyms & Synonyms, Teen Numbers, Triangles & Shapes, Being Helpful and Kind and Forces all around us. And in between all these terrific topics, we are going to find some time to send Valentine Hugs to all our friends!

### The Book Nook:

#### The Day It Rained Hearts

By Felicia Bond

One day it rains hearts, and Cornelia Augusta catches them. Each heart is special in its own way, and Cornelia Augusta knows exactly who to send them to.



#### Happy Valentine's Day, Curious George By N. DiAngelo

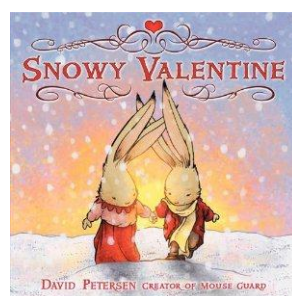
George and his friends celebrate Valentine's Day with decorating, baking, card making and some unexpected hilarity. Just how much mischief can a curious little monkey get into when balloons, frosting, and glitter are involved?



#### Snowy Valentine By David Petersen

Step out into a snowy Valentine's Day with Jasper the bunny as he searches the forest valley for a special gift for his loved one.

This picture, tells a delightful tale that becomes the perfect way to say "I love you."



## ImagINation Learning Center

Teacher: Miss Janice  
Class: The Lions

### What's Happening this Month?

#### Lessons:

- Antonyms /Synonyms
- Rate of Reading
- Verbs: Past, Present, Future
- Blending Sound Review
- Partners of 10
- Triangles
- Addition & Subtraction
- Shapes
- Being Helpful & Kind
- Forces all Around Us

#### Activities:

**Feb 8:** Cody & BJ  
Valentines Show 11:00am  
**Feb 13:** Blindness Prevention  
Vision Screening  
**Feb 14:** Valentine's Day  
Parties @3:00  
**Feb 15:** Lion's Celebrate  
100<sup>th</sup> Day of School  
**Feb 18:** Center Closed - In-  
Service Day  
**Feb 28:** Pajama Day

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