

You're receiving this email because of your relationship with Parenting with Peace, LLC. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



The Practiced Parent

March 2009

Dear Valerie,

In like a lion.....out like a lamb? When I think about this adage for spring weather, I can't help but think of its relationship to parenting. If you are a first time parent, bringing that new baby home is so overwhelming.....much like dealing with a roaring lion. Your hope is that by the time they are ready to leave the nest, it's like sending a gentle lamb out to pasture. An experienced parent will tell you that the opposite is usually true. Once your children are teenagers, you look back fondly on those days when your kids were gentle little lambs, and you wonder how the transformation to ferocious lions actually happened. Whatever stage of parenting you are in, I hope you continue to find this newsletter an inspiration and hopeful.



Valerie

The Early Years

In This Issue

[The Early Years](#)

[Sibling Rivalry](#)

[Parent and Teen Corner](#)

Engagements

3/7- Parent's University Workshops--click [here](#) to register. I am presenting on sibling rivalry

3/13/09 Smithville MOPS

Have a Parenting Question? [Ask Val](#)

Need a speaker for your upcoming event?

[Contact me](#)

Quick Links

[Parenting with Peace](#)

[Inspirations](#)



[My Blog](#)

[Contact Me](#)

[Join Our Mailing List!](#)

Spring is the time many parents begin to consider preschool for their child the next year. How do I know if my child is ready for preschool?

Most preschools require that children be completely toilet trained. This means no pull-ups or diapers. Your child should be able to pull his/her pants and underwear up and down, wipe independently, and wash hands without help.

Separation anxiety can last well into the early elementary years. If your child has never been left alone with someone else, spend the next few months entrusting your little one to grandma, another close relative, or family friend. If you haven't joined a playgroup or other type of parent support organization, you may want to do so now.

Does your child play independently and does she have some type of skills in interacting with children her own age? If not, preschool will probably be a good social experience for her, and increase her independence.

Yes, but what about the germs? There's no getting around it...little kids are often sick and germy. If you child has a compromised immune system, talk to your doctor about whether or not preschool is a good idea. The bonus about your child being exposed to these illnesses early on is that by the time they start elementary school, they have a much stronger immune system and will usually be sick less.

Sibling Rivalry

In honor of the workshop I'm doing this month, I thought I'd write a blurb about curbing those sibling fights. The two big things parents want to know about kids fighting are 1) Why are they fighting? and 2) What can I do about it?

Why do kids fight, seemingly all the time?

1) There is an unmet need, usually the need to feel loved or because the child feels they are missing out on attention

The Practiced Parent is looking for sponsors! Your company name, logo, and special offers can be included here. [Contact me](#) about pricing info.

Know someone who's expecting in 2009?

Tell them about this great resource:

babybumps.net

Looking for affordable baby or children's items?

The spring JBF sale is coming up March 6-8. Click [here](#) for more info.

2) It's fun. Seriously, for them it sometimes is just a way to keep from being bored, even if it makes you nuts.

3) Other outside issues, such as problems at school, with friends, or problems in the other parent's home (for divorced/separated families).

What can I do about it?

1) Avoid the fairness trap

2) Recognize the feeling or need behind the fighting

3) Don't let your kids divide and conquer you and the other parent

4) Spend individual time with each child

5) Set no-hurting rules in a family meeting

6) Set a good example by refusing to name-call, don't compare your kids, and teach how to apologize

Parent and Teen Corner



How can parents stay in touch with their teens when it seems the kids are out with friends all the time? Or, when the kids are home, they're in their room, on the phone or on the computer. One-on-one fun, not family fun, is a good start. Your teens may not want to eat dinner with the family, and family outings may not be on their agenda. But dinner and a movie, a shopping excursion, or driving around in the car-just the two of you-may help a lot. Let your spouse stay home with the other kids. Take turns getting to know the person your child is becoming.

Here are several ground rules for one-on-one time:

1. No problem discussions about hair, grades, friends, etc
2. Make an appointment well in advance, choosing a time that is mutually convenient. Honor your commitment; no last minute excuses about being tired or needing to stay late at work.
3. Put on your "active-listening shoes." Let your teen talk without your judging, correcting or interrupting.
4. Talk about yourself! Without necessarily trying to teach a lesson, let your youngster know what you went through when you were their age.

One-on-one time can go a long way toward relaxing the day-to-day tensions that are bound to arise. If you don't learn how to talk to your teens about little things, communication about the serious issues will be doubly difficult. A little patience and some willingness to loosen the reins-when appropriate-can pay big dividends for you and your teenager in the future.

This article is borrowed from Dr. Thomas Phelan, March 2007 newsletter. Dr. Phelan is the author of the 1-2-3 Magic parenting series.

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to info@parentingwithpeace.com by info@parentingwithpeace.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Parenting with Peace, LLC | 1305 N. Aztec Ave | Independence | MO | 64056