



District I Parenting News

Extension Nutrition Program

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When Kids Fight

Children fight. It is normal, it is natural...it can drive you crazy! You can't stop the fighting, but you can deal with and limit it. Try the following suggestions :

1. Avoid "sensitive times." Kids fight more at certain times of the day, or in certain situations.

a. Does fighting occur just before dinner time?

⇒ Feed the kids a healthy snack at this time. Hunger (high sugar snacks) can trigger irritability. Create structured activities to prevent boredom.

b. Does fighting occur just before bedtime?

⇒ A routine for the hours between dinner and bedtime can help. Prepare a "schedule" for each activity. Include parent-child time. Kids may fight to get attention. Story time is an effective deterrent to late night fights and it encourages family togetherness. It also encourages a life long interest in reading and books.

c. Does fighting occur when your children have had too much time together?

⇒ Kids can get along nicely for an hour, but longer periods of time create friction, especially if its unstructured "free play".

d. Does fighting occur over sharing of toys?

⇒ Decide upon family rules for sharing. Determine consequences for not obeying the rules. Write them down. Keep them simple. Post them on the refrigerator at the child's eye level. Illustrate with simple pictures for younger children (stick people). Important: follow through every time!

2. Don't act as referee. "Who started it?" or "What happened?" are dangerous questions! Usually you don't need to know. Allowing your children to drag you into every dispute is unhealthy for their

relationship and frustrating for you! Instead:

⇒ Plant the seeds of positive communication by saying things like "I know you can work this out."

⇒ Make a few suggestions and leave the room.

"Since there are four trunks and two children, I think you can find a way to share." Be specific with younger children.

⇒ Discourage tattling will learn to work things out.

⇒ Don't try to solve every problem. Listen for signals that the scene is getting out of hand, but otherwise don't intervene. The more you can stay out of it the more creative your children will be in solving their own squabbles. (Children argue more when a parent is in the room!)

⇒ Show positive attention when children are playing together nicely. Put your arm around them and tell them you love them and are glad that they love each other.

⇒ Encourage charitable feelings. Call attention to the little acts of love. Encourage children to get involved in planning something special for a sibling's birthday. Take them shopping for a special gift. Stir up feelings of giving.

⇒ Set realistic goals for family harmony. If you expect NO fighting, total sharing, absolute fairness, constant love and world peace you set yourself up for disappointment. Start where you are and try, little by little, to improve matters. When parents use knowledge and skill to nurture sibling relationships, they see positive results!

Source: National Parent Information Network.



PARENT-CHILD ACTIVITY IDEAS

Children Learn What They Live



If children live with criticism,
They learn to condemn.

If children live with hostility,
They learn to fight.

If children live with fear,
They learn to be apprehensive.

If children live with pity,
They learn to feel sorry for themselves.

If children live with ridicule,
They learn to be shy.

If children live with jealousy,
They learn what envy is.

If children live with shame,
They learn to feel guilty.

If children live with tolerance,
They learn to be patient.

If children live with encouragement,
They learn to be confident.

If children live with praise,
They learn to appreciate.

If children live with approval,
They learn to like themselves.

If children live with acceptance,
They learn to find love in the world.

If children live with recognition,
They learn to have a goal.

If children live with sharing,
They learn to be generous.

If children live with honesty and fairness,
They learn what truth and justice are.

If children live with security,
They learn to have faith in themselves and
Those around them.

If children live with friendliness,
They learn that the world is a nice place
In which to live.

If children live with serenity,
They learn to have a peace of mind.
With what are your children living?



Author, Dorothy L Notles

Wind Spinners—*Catch a Breeze in a bottle*

Hang this easy-to-make twirler outside and watch as the spring breezes appear to set the stripes spiraling.



To make one:

1. Use acrylic paints to coat middle portion of a clean and dry 2-liter plastic soda bottle (label removed) with bright slanted stripes. Allow paints to dry.
2. Use a craft knife (parents only) to cut away top and bottom of the bottle. With scissors, cut remaining plastic tube into a spiral (draw a line with a permanent marker first, if you prefer).
3. Trim the end to square it, then use a hole punch to make a hole for hanging. Hook a fishing swivel through the hole, then hang your wind spinner outside using heavy duty string or fishing line.

Kitty Treats

Treat your feline friend to a tasty tuna snack

Surprise your cat with homemade treats.

To make a batch heat oven to 325°. Place all ingredients in medium size bowl. Mix with fork.

When evenly mixed, press concoction into a ball. Use

6	oz. canned tuna, undrained
1/4 c.	cornmeal
1/4 c.	wheat germ
1/4 c.	whole wheat flour
1	egg
1	T. vegetable oil

your hands or rolling pin to flatten dough on an ungreased cookie sheet to a 1/8 inch thickness. Use a knife or pizza wheel to cut dough into 1/4 inch wide strips. Cut diagonal strips of same width to create diamond shapes. Bake for 15 minutes or until slightly crispy. Allow treats to cool on the cookie sheet. Store in an airtight container in the refrigerator.

