



Parents Information

It is very hard not to feel the pressure building and building as we get through the busy family day. When we do lose our temper it is important to apologise, just like we would want for ourselves. It is possible to apologise and also explain what happened to get you to that point.

The more we can talk about those pressure points in our family life the better our children will understand and learn in a positive way.

The ideas in this book may seem hard to begin with but keep going. Like everything else we teach our children, it will be time saving and worthwhile at the end of the day.



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