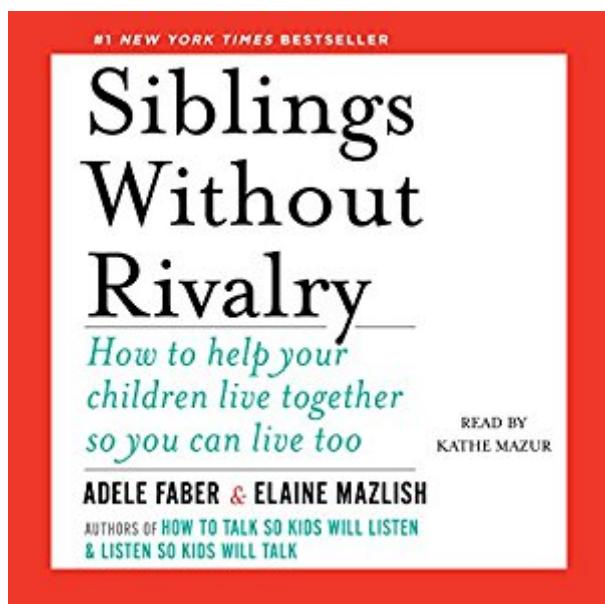


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# Siblings Without Rivalry: How To Help Your Children Live Together So You Can Live Too



## Synopsis

When parenting authorities Adele Faber and Elaine Mazlish sat down to write the national best seller How to Talk So Kids Will Listen & Listen So Kids Will Talk, they found they could not contain their chapter on sibling rivalry. No matter how much they tried to pare down their advice, they found the subject inexhaustible - and parents agreed! *Siblings Without Rivalry* guides the way to family peace and tranquility with humor and compassion for both parents and children. Action oriented and easy to understand, it's packed with sensitive yet sensible ways to turn quarreling siblings and frustrated parents into an open, communicative family.

## Book Information

Audible Audio Edition

Listening Length: 6 hours and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Simon & Schuster Audio

Audible.com Release Date: March 3, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B00TOUGKRO

Best Sellers Rank: #19 in Books > Parenting & Relationships > Family Relationships > Siblings #45 in Books > Self-Help > Relationships > Conflict Management #50 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution

## Customer Reviews

This book has so many ideas to try with children of all ages. I'm sure I will continue to consult it as my children get older. I really like the "How To Step In So You Can Step Out" strategy that teaches parents how to intervene by acknowledging the feelings of both kids in the heat of the moment which defuses the situation so the kids can work it out themselves. I like the simple cartoons that clearly illustrate the communication "do's" and "don'ts" with quibbling siblings. I also like the way the discipline tips maintain the dignity of both the parent and the child. When I am able to resist "automatic parenting" reactions like yelling and threatening, and use some of the great techniques I've learned, I feel so much more competent as a parent. Because I have three young children (5, 3, and 2 months), I would like to also recommend a new pocket-sized book that has been very helpful addressing my specific current sibling issues. Appropriately entitled "The Pocket Parent", the entire

book is written for parents with normal, but often challenging preschoolers. There are hundreds of short bulleted suggestions addressing sibling issues such as: "the new baby", "comparing and labeling", "sibling rivalry", "hitting and hurting others", "biting", "bad words", "I hate you's", "listening", "power struggles", and "traveling with the kids". These two books with exactly the same discipline philosophy compliment each other--both having great examples of the exact words to try in many sibling situations. One of the strategies suggested in both books that has really reduced my frustration level is to redefine being "fair" as "meeting each child's needs" rather than focusing on being totally "equal" at all times. This thought is very helpful because my kids seem to always keep score...

My sister spoke very early and her first words were "I'm telling mommy!" From the moment she arrived home from the hospital, we were locked in mortal combat. Our rivalry finally ended when I left home at 18. We are now good friends, but I wish that my parents had read this book during our childhood. Adele Faber and Elaine Mazlish, authors of "How to Talk so Kids Will Listen and Listen So Kids Will Talk", share years of experience gained through their own parenting trials and through those of the thousands of parents who have attended their workshops. Their aim is to teach parents the skills and techniques necessary to redirect rivalry into cooperation. Topics such as teaching parents to stop treating their children equally instead of uniquely, helping children express their angry feelings acceptably, motivating children to solve their own problems, and handling fighting are expertly covered. This best-selling book puts the reader right into the middle of a fictional workshop, sitting with other frustrated parents, asking questions and working out solutions. Each chapter begins with questions aimed at helping parents to understand and acknowledge the feelings behind a common problem. The book then describes the communication skills necessary to defuse the rivalry and gain cooperation instead of arguments. Theory is put into practice in cartoon form. A problem is presented in a cartoon, which shows the "typical" way an untrained parent would respond, and then the way the problem could be resolved using the new techniques the authors teach. The last chapter of the book explores ways in which we can mend fences and renew our relationships with our own adult siblings.

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