



Getting Along at Home



photo by Paul Devoto

As the new school year approaches, kids and teachers start thinking about how to get along with others. One of the best places to start is at home, with your siblings, or brothers and sisters.

The Mini Page checked in with Dr. William T. Garrison for some ideas about getting along better with sisters and brothers.

Sibling rivalry

“Rivalry’ means competition,” Dr. Garrison says. “Competition between brothers and sisters is normal. It shows up as jealousy and in other ways.

“If your brother or sister has something that he or she does really well, the chances are that there is something that you are good at, too. Remember that everyone is different.”

Parents’ attention

“Every child wants as much attention from their parents as they can get,” Dr. Garrison explains. “You have to learn to share this attention. Older siblings can help parents by paying attention to their younger brothers and sisters, too.”

Younger siblings

“Younger kids often look up to their older brothers and sisters. They want to be like them. If older kids will keep this in mind, then



photo by Celeste Lindell

being ‘bugged and bothered’ by their younger brothers and sisters might not be so annoying.”

Older siblings

“Older brothers and sisters come in handy,” Dr. Garrison reminds kids. “They can teach you how to understand what is going on in the world around you. If you have some questions you don’t want to ask your parents, they can be very helpful.”

Fights

Dr. Garrison notes: “While you might fight at home, older brothers and sisters can be very protective when they’re away from home. If you are going to fight — and brothers and sisters do — remember, no hitting or punching. Learning to argue, discuss and settle things is an important part of growing up.”



photo by Michael LaMartin

Stepbrothers and -sisters

Have you had to adjust to new step-siblings? “Parents sometimes get remarried, and suddenly you have new brothers and sisters,” Dr. Garrison explains. “Getting along can at first be difficult.

“It takes time to begin to feel like a real family. The most important thing is to learn to respect one another.”

Mini Fact:

Your brother or sister may be your best friend when you’re grown-ups.

Talk it through

If you’re having trouble getting along with siblings, it might be helpful to calmly talk about the things that bug you and things you like.

Here’s a chart to get you started. Make a copy for each sibling, then talk about the things you marked. Add your own items.

I like it when my brother or sister ...

- helps me figure out what to do when I need help.
- thinks of something to do when I’m bored.
- lets me sleep in his or her room when I’m scared.
- walks to school with me.
- reads to me.

I don’t like it when he or she ...

- gets me into trouble.
- embarrasses me in front of my friends.
- takes stuff out of my room.
- doesn’t clean up their mess.

Resources



On the Web:

- bit.ly/MPsiblings

At the library:

- “Mallory vs. Max” by Laurie B. Friedman

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Try ‘n’ Find

Words that remind us of getting along are hidden in this puzzle. Some words are hidden backward, and some letters are used twice. See if you can find:



ARGUE, ATTENTION,
BROTHER, CHILD,
COMPETITION,
DIFFERENT, DISCUSS,
FAMILY, JEALOUSY,
OLDER, PARENTS,
PROTECTIVE, RESPECT,
RIVALRY, SETTLE, SIBLING,
SISTER, YOUNGER.

A V R U S I B L I N G R L A X
R S E F G J E A L O U S Y T P
G I S A W P N E O L D E R T R
U S P M P R O T E C T I V E E
E T E I D I F F E R E N T N G
G E C L V S T N E R A P K T N
Z R T Y Y R L A V I R W E I U
S S U C S I D S E T T L E O O
R E H T O R B O D L I H C N Y
R C H C O M P E T I T I O N H

Cook’s Corner

Cheese Crackers With Strawberries

You’ll need:

- 1 cup low-fat, low-sodium cottage cheese
- 1/4 cup crumbled feta cheese
- 1/2 teaspoon dried oregano

- 12 whole-grain crackers
- 1/2 cup thinly sliced fresh strawberries



What to do:

1. In a small bowl, combine cottage cheese, feta and oregano.
2. Using a fork, mash mixture together until well blended.
3. Spread cottage cheese mixture on crackers and top with sliced strawberries.

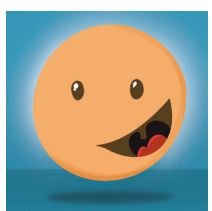
Serves 2.

Adapted from “The Robin Takes 5 Cookbook for Busy Families” with permission from Andrews McMeel Publishing (andrewsmcmeel.com).

* You’ll need an adult’s help with this recipe.

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.



1. the shape of a globe (5) _____
2. nice quality (8) _____
3. what you take pictures with (6) _____
4. show with clowns (6) _____
5. loud sounds (6) _____
6. forgive (6) _____
7. mom of your mom or dad (11) _____

CAM	GRAN	ROU	NOI
SS	USE	ERA	KIN
SES	THER	DMO	CUS
ND	CIR	EXC	DNE

Answers: round, kindness, camera, circus, noises, excuse, grandmother.

Mini Jokes



Bill: What kind of button doesn’t unbutton?
Bailey: A belly button!

Eco Note



Most species on Earth are found in lush, fertile places such as rainforests. But living things called **extremophiles** can survive in extremely hostile environments, such as hot springs and volcanic vents in the ocean depths.

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Thank You



The Mini Page thanks William T. Garrison, Ph.D., professor of clinical child and adolescent psychology at the University of Massachusetts Medical School, for help with this issue.

Teachers: For standards-based activities to accompany this feature, visit: bit.ly/MPstandards. And follow The Mini Page on Facebook!



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