

Summer

survival strategies

'Every year when the summer holidays start, my children fight so much I want to send them all right back to school!'

Although it's incredibly annoying, it's not surprising if your children argue far more during the holidays than at any other time. They go from being busy all day at school, and spending lots of time

with their friends, to having lots of free time on their hands and being stuck at home with their annoying brothers and sisters.

You might also find they have much less to fight about once they get outside in the fresh air.

nightmare. Both the boiler and the washing machine broke, so we had no hot water for showers and I had to do all the laundry by hand. But the worst part was the children. I was stressed and they were bored, so they picked on each other and bickered the entire time. It was awful.'

You might try pleading with your children, or shouting at them to get them to stop fighting. However, you'll find

they'll probably be right back at it within moments. So how can you put a stop to the endless quarrelling so you can all enjoy the summer holidays? The good news is there's plenty you can do.

> Children who sit around watching TV or playing computer

games all day are often so bored that they drive their siblings (and therefore you) crazy. So try organising activities

and getting your children out and about.

Expeditions give children something to plan together, look forward to and talk about afterwards. When they've been out having fun all afternoon and they get home in the evening, they'll be tired, hungry and full of endorphins from all the exercise. So they have no reason or energy to wind up their siblings. Instead they'll probably have a great time over the

dinner table when they debrief about their day and talk about what they're doing tomorrow.

You might also find they have much less to fight about once they get outside in the fresh air.

'My best memories from when I was little were when my older brother and I would go out to play in nearby fields. We could spend all day together, poking sticks in holes and running around.'

So many adults have happy memories of the sporty,

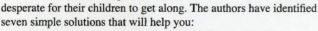
outdoorsy things that they did with their siblings, like going to the beach, kicking around a football or playing badminton. Even if you can't book a seaside holiday, you can buy a cheap football, swing ball or badminton set from big supermarkets or Argos. Children can have a surprising amount of fun in very little space.

If you haven't got a garden or somewhere nearby where your children can go play for hours on their own, there's still plenty for them to do.

Sibling Rivalry

Do your children argue, fight, tease and call each other names? Do they vie for your attention, or refuse to share? Do you wish they'd get on better, or simply long for a happier home?

In their latest book Karen Doherty and Georgia Coleridge tackle the problem that drives parents crazy - sibling rivalry. Based on hundreds of interviews with parents, as well as psychologists and teachers, this book is a lifeline for parents who are



- · Make each child feel loved so they aren't so competitive
- · Tackle the causes of jealousy and resentment
- · Put an end to bickering and calm down fights
- · Sort out trouble spots so they don't keep happening
- Build a happier relationship between your children

Practical, reassuring and bursting with clear, concise, sensible advice, this remarkable new book is essential reading for parents everywhere. It can help you transform your relationship with your children and their relationship with each other.

Sibling Rivalry is published by Bantam Press, priced at £12.99, and is available on Amazon and at all good bookshops.

WINWINWINWINWINWINWINWIN

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'Our last summer break was a



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