Obese children are not only at risk physically but emotionally as well. Heart disease is happening in their 50s and 60s, our kids might be subject to heart disease as early as their 20s..." He adds that "researchers are predicting that, instead of seeing children developing Type II diabetes earlier, in some cases in their teen-age reality, obesity increases even more as children get older. Among children from ages 6 to 11, at least one child in five is overweight. Over the last two decades, this number has increased by more than 50 percent and the number of "extremely" overweight children has nearly doubled. Obesity is an underlying cause of a number of serious medical conditions including Type II diabetes, essential hypertension, respiratory disease, heart disease, gallbladder disease, stroke and osteoarthritis. These conditions are beginning to show up at increasingly high rates among children who are overweight. According to Dr. Howard J. Eisenson, M.D., director of the Duke Diet and Fitness Center, children are... actually developing Type II diabetes earlier, in some cases in their teen-age years." He adds that "researchers are predicting that, instead of seeing heart disease happening in their 50s and 60s, our kids might be subject to heart disease as early as their 20s..." Obese children are not only at risk physically but emotionally as well.

-Do not get involved in your children’s disputes – Children need to learn to resolve their own conflicts

-Reward appropriate behavior – Don’t just become involved when there is a problem among your children. Recognize and reward the good things that they do for one another.

-Seek professional help – If your children are fighting all the time and the fighting is out of control – if it is endangering the physical well-being or self-esteem of any member of the family, don’t hesitate to consult a professional psychologist or counselor.

Sibling rivalry is not all bad. Think of it as a learning experience. Learning to deal with sibling rivalry teaches your children valuable social skills. It teaches them to control their negative impulses, to resolve conflicts peacefully, to see the value of another person’s perspective, to compromise and negotiate. Sibling rivalry prepares children for the competition they will face later in their lives.

Best of all, as your children watch how you handle their squabbles justly and calmly, they are accumulating valuable parenting skills that they will be able to use when they themselves become parents.

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**RESOURCES**

**Books for Parents**
- **Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too**, by Adele Faber and Elaine Mazlish
- **Beyond Sibling Rivalry: How to Help Your Children Become Cooperative, Caring and Compassionate**, by Peter Goldenthal
- **Raising Children to Care**, by Miriam Adahan

**Books for Children**
- **I Love You the Purplest**, by Barbara Joosse. Ages 4-9. Two brothers compete for their mom’s attention and love. She shows them she loves them for their special selves.
- **Too Big, Too Little, Just Right**, by Loren Hodes. Preschool. Racheli learns that the best thing in life is to be exactly what you are...yourself!
- **Big Like Me: A New Baby Story**, by Ruth Finkelstein. When Mommy comes home with a new baby girl, Benny turns into a big brother.