

Laugh & Learn™

# Siblings

You're Stuck with  
Each Other,  
So Stick Together



free spirit  
PUBLISHING®

James J. Crist, Ph.D., & Elizabeth Verdick

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by James J. Crist, Ph.D.,  
& Elizabeth Verdick

Illustrated by Steve Mark

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# Dedication



To the young people who have shared their stories of their siblings with me and allowed me to help them, and hopefully to help other kids as well. To my siblings—I love all of you more than words can say.  
—JC

To Olivia and Zach, for everything you teach each other and everything you've taught me. And to my sisters, Suzanne and Erica, and my brother Mark, the best siblings ever.  
—EV

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# A Message for y-O-u

Hey, you.  
**You there.**

Yeah, that's right,  
**You.**  
The one reading.



This book is about sisters, brothers, and getting along. Every sibling relationship has ups and downs, twists and turns, and moments of **AAAACK!** (Kind of like a roller coaster.) But you can smooth out the ride and have more fun. We wrote this book to help you do it.

It would be really cool if your siblings read the book, too, but that might not happen. Maybe they can't even read yet. Or maybe you'll put this book right where they can find it—*hint hint*—and it still won't get read. That's okay because we have a message especially for *you*.

You live in a family, and your family is your training ground for learning to get along with other people in life. Getting along is challenging no matter how awesome you or your family may be. You'll need practice and some patience, too.

Every idea in this book starts with you. That's because getting along with others really comes down to being the best **YOU** you can be. (Corny but true.) There are probably at least a *few* things you would like to change about your relationship with your siblings. Well, the one person you can change in this world is yourself. The new ways *you* decide to act and speak may inspire your sisters or brothers, or the rest of your family, to follow your lead.

So give yourself a pat on the back, or take a little bow—you deserve some credit for what you're about to do.



# Quick Quiz

A *sibling* is:

1. a kid who wears a lot of “bling”
2. that pest who bugs you day and night
3. a brother or sister
4. another word for “attention hog” (oink, oink)
5. someone who’s there for you in good times and bad times—maybe for a lifetime



**Answer:** 3 for sure, and 5 we hope.

But if your brother wears a lot of bling or your sister steals the spotlight every chance she gets, you might have answered 1 or 4 *and* 2, and you'd be right.

Whether your sibling is flashy, annoying, or just plain weird, he or she is part of your family. *Families are forever.* That means you've got a bond—and you've gotta bond. This book will show you how.



# Can You Relate?

Being siblings means you and your brother or sister share one parent or two. But families come in all shapes and sizes—they're never one-size-fits-all. Each family fits together in its own way, like a one-of-a-kind jigsaw puzzle. You might have . . .

## Siblings by birth

So, you and your sister or brother have the same mom and dad.

## Half-siblings

The term "half-sibling" means you and your sib\* share only one birth parent. You might have the same mom but different dads, or the same dad but different moms.

\*Sib is short for *sibling*.  
But way more fun to  
say (and read).