

Dear Mom,

My brother shoved me today and I got in trouble, not him. I did nothing wrong. I am so angry still and wish I could be playing play station instead of him because he is so stupid and he shoved me. I think you hate me and you are mean for punishing me instead of him. Everyone is so mean in this house and I got so angry because you grounded me instead of him! I can't believe how unfair it is. He is a jerk. He should be the one in trouble. Everyone picks on me. You are all against me.



Love, Cookie

Dear Cookie,

Thank you so much for writing all that. I think it is great how you told me how you were feeling. I would be angry too if I felt everyone was against me! When I feel someone has done something wrong to me, I feel terrible. Today your brother shoved you and that made you feel terrible. Before your brother shoved you, I saw you hit him 3 times. Your brother did not want to hurt you. He just wanted you to stop hitting him. It is important for everyone in our home to feel safe everyday so our rule is no hitting! You cannot hit, your brother cannot hit, Mommy cannot hit, Daddy cannot hit, and your little sister cannot hit. If we allowed people to hit, we would all be scared. No one should feel scared in their home. When someone hits, they cannot have privileges. Because you hit, you cannot have privileges. I love you SO much cookie. You are so kind and make everyone laugh. We all love you. I hope you can stop feeling angry. We love you so much!

Love, Mommy