

# RESOLVING CONFLICTS



**Conflict resolution is a social skill every child should learn.**

*Younger children may need an adult to step in and help resolve a problem, while older children may simply need to talk through alternative solutions with you or another adult.*

*Here are proven methods for resolving conflicts that you can share with your child. Teach your child to:*

- 1. Be Honest** – Compare the two sides of the issue and make a decision based on the best possible solution.
- 2. Compromise** – Find a middle ground and be willing to

let go of something she wants in order to resolve the issue.

- 3. Take Turns** – Learn that by sharing time equally with someone else allows everyone to get what they want.

- 4. Listen** – Teach your child that it's important to listen to what the other person in the conflict is saying so that your child can fully understand their wants and needs.

- 5. Give Threat-Free Explanations** – Teach your child to state her side of the conflict without criticizing the other person involved. If your child is younger, help her express her position while keeping her emotions under control.

- 6. Apologize** – Teach your child that if you care about someone who's been hurt by the conflict, that you should say you're sorry even if your child doesn't think he's in the wrong.

- 7. Get Help** – If your child can't find his own solution to resolve the conflict, advise him to find help from someone who's not involved in the situation and can help come up with solutions.

- 8. Step Back** – Teach your child that sometimes it's better for everyone involved in the conflict to take a step back and resolve it later, after everyone has had a chance to cool down.

