

CONFLICT RESOLUTION

Statement for Parents about Conflict Resolution during this time:

"Peace is not the absence of conflict; it is the ability to handle conflict by peaceful means." ~ Ronald Reagan

Conflict always increases in times of stress and of togetherness. Right now, we have both. When we could all use a little more peace in our homes conflict sneaks in. When we model good listening, consideration for others, compromising and limit setting, we are teaching our children conflict resolution skills which are important for raising happy and healthy children.

Integrating the theme into the Home:

4 Parts to an Apology

1. I am sorry for ... (The first step to any apology is to acknowledge the specific behavior or event that caused the damage.)
2. It was wrong because ...
3. In the future, I will ...
4. [Name], Will you forgive me?

5 Steps to Conflict Resolution -



Steps to Conflict Resolution



Self Awareness –

One of the 5 Emotional Intelligences

- Before you can resolve a conflict you have to be aware of your own feelings and motives.
- Are you bringing in hurt from previous situations or relationships?
- Did your actions contribute to the conflict?



Own It –

- Taking responsibility for your own actions and words is key to conflict resolution.



Listen –

- Listen to hear, not to respond. – Listen twice as much as you speak.
- Look at the person when they are talking to you.
- Conflict will not be resolved if we are only listening to find a point to argue or to insert our opinion.



Value the other person's opinion –

- If your opinion matters, so does the other person's.
- There are two experiences in every conflict. Reality is that both experiences are influenced by feelings and therefore neither are 100% accurate.



Empathize –

One of the 5 Emotional Intelligences

- Has there ever been a time when you felt the way they do?

Take a Break

- When conflict arises with siblings taking a break is a great 1st step to resolution
 - A break offers -
 - Time to cool off
 - Time to reflect on our own behavior
 - Time to brainstorm resolution ideas
- Pick a set amount of time for the break, but let your kids know that time can be shortened if they are able to come up with a solution to the conflict.
- Giving children the option to shorten their break often motivates them to come up with a solution to the conflict.

Let's Get Along
Use kind words
Listen
Share
Build other up
Take Turns
Stop & think before acting
Talk things out
Be quick to forgive
Help others

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Resources (books, articles, you tube videos etc)

[Storyline Online - A Tale of Two Beasts](#)

[Sesame Street - Helping Kids Resolve Conflicts](#)

[Sesame Street – Teaching Belly Breathing](#)

[Sesame Street - Sharing Cookies](#)

[Zen Den | How to Make Good Choices - Mindfulness for Kids](#)

[When Siblings Won't Stop Fighting](#)

[Teens Talk About Stress \(Video\)](#)

[How to Become a Better Listener: 10 Simple Tips](#)

[TEACHING CONFLICT RESOLUTION SKILLS IN 6 EASY STEPS](#)

[5 Ways to Teach Conflict Resolution Through Social-Emotional Learning](#)

[CHANGE IS HARD: HOW TO HELP YOUR KIDS HANDLE TRANSITIONS](#)

[5 Tips to Reduce Conflict Between Parents and Children](#)

[Family Rules: Getting Along with Others](#)

Additional Technology Apps/Resources



Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Sleep, meditation, and relaxation are in your hands with Calm, another popular mindfulness app. These guided meditations are perfect for complete novices through

seasoned practitioners, and you have your pick when it comes to how long you can dedicate to the app each day. In addition to an assortment of daily meditations, Calm features nature sounds and sleep stories.



Colorfy is an adult coloring book brought into the digital realm. With a selection of images and mandalas to choose from, you can spend hours in a flow state or focused meditation through this app. Pouring your attention into the beautiful designs can distract from your anxious thoughts and help calm you down.



The Mindshift app helps manage and decrease anxiety for people of all ages, and is used across the world.



What's Up? uses techniques from both Cognitive Behavioral Therapy and Acceptance Commitment Therapy to help users cope with issues like anxiety, depression, and anger. The app offers a diary feature with a scale for rating your emotions, a "catastrophe scale" to help you put problems in perspective, breathing techniques, and an interactive question game to keep you feeling grounded during stressful moments.



Stop, Breathe, and Think is your daily mindfulness app that also prompts you to input how you're feeling. Select your mood when you open the app and it will suggest the meditations, yoga sequences, or acupressure that could serve you best in that moment, from deep breathing exercises to body scans to visualizations. The check-in feature also allows you to track your moods and progress, so you can examine what you feel most and focus on taming or understanding those anxieties better.