



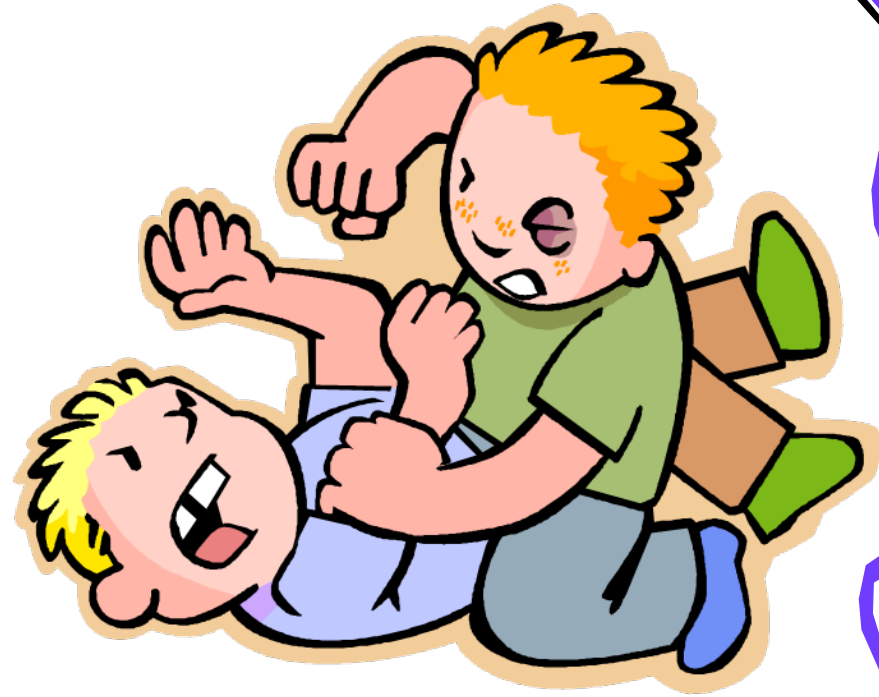
How to Help Your Child
Cope With...

Conflict

Presented by:
Dawn R. Coryat

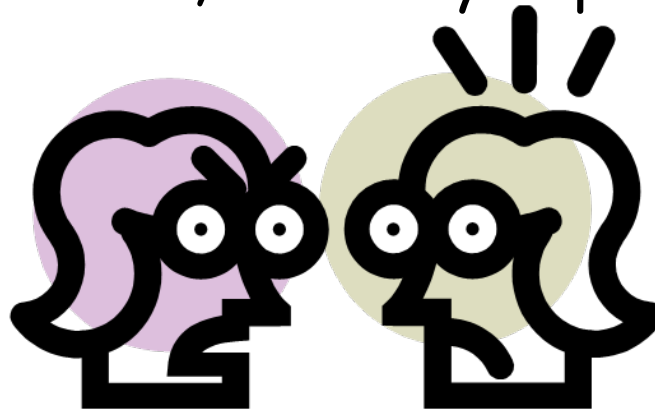
What is conflict?

- Conflict, as defined by Webster's Dictionary is:
 - A state of open, often prolonged fighting; a battle or war.
 - A state of disharmony between incompatible or antithetical persons, ideas, or interests; a clash.

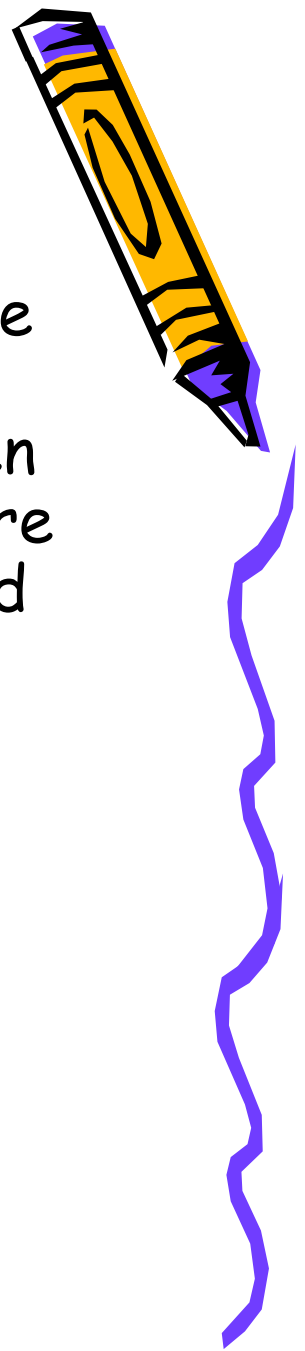


What causes conflict?

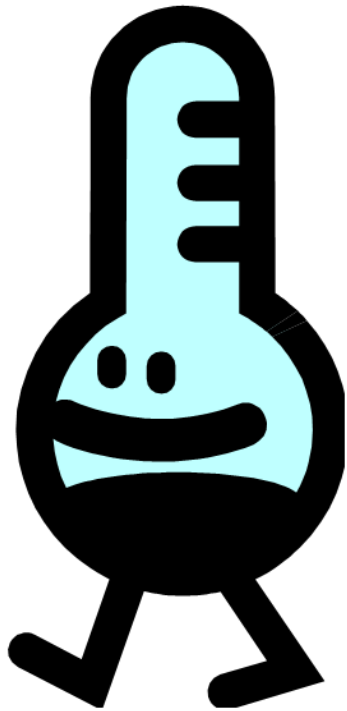
- Poor communication is a key factor in destructive conflict. Accusatory statements, defensive or inflammatory language, and unwillingness to listen can provoke conflicts and fuel them once they are underway. On the other hand, when there is good communication, conflicts can be resolved peacefully, collaboratively, and without rancor. Like other social skills, communication skills can be taught and learned, and they improve with practice.



<http://www.thirteen.org/peaceful/strate.html#imessage>



Types of Conflict...



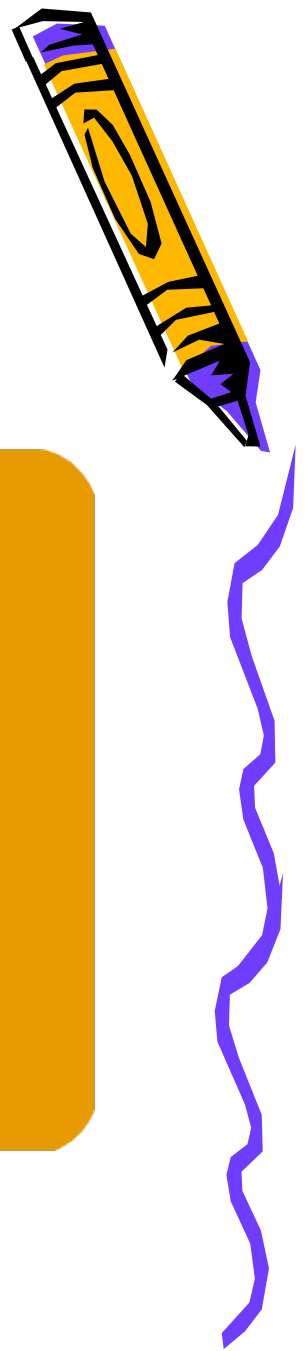
When the conflict just makes us a little upset for a short time, our thermometer rises just a little, that is a small problem. You should ignore these problems. Small problems could be things like name calling, bugging, or taking things without asking.



Sheryl Borcharding, Elementary
Counselor, Hampton-Dumont
Community Schools

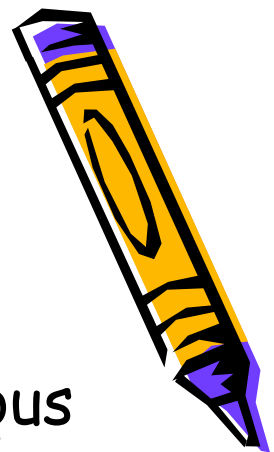
Types of Conflict...

Medium conflicts make us a little more upset and our temperature rises a little higher and so does the thermometer. Medium conflicts don't easily go away. You need to talk to the person you have a conflict with using conflict resolution. Medium conflicts might include hitting, gossiping, or cheating.

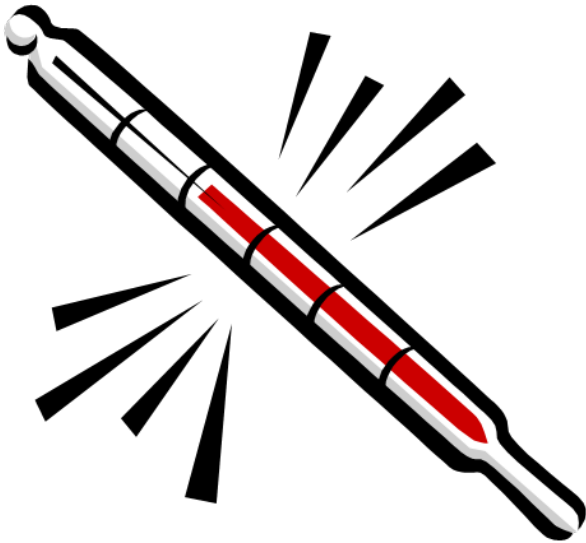


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Types of Conflict...



Big problems are too serious and difficult to handle by yourself. These are serious conflicts that make us very mad or scared. The best way to handle a big problem is to ask an adult for help. We then identify appropriate adults to talk to. Big problems may include being chased home by bigger kids or parents not getting along at home.

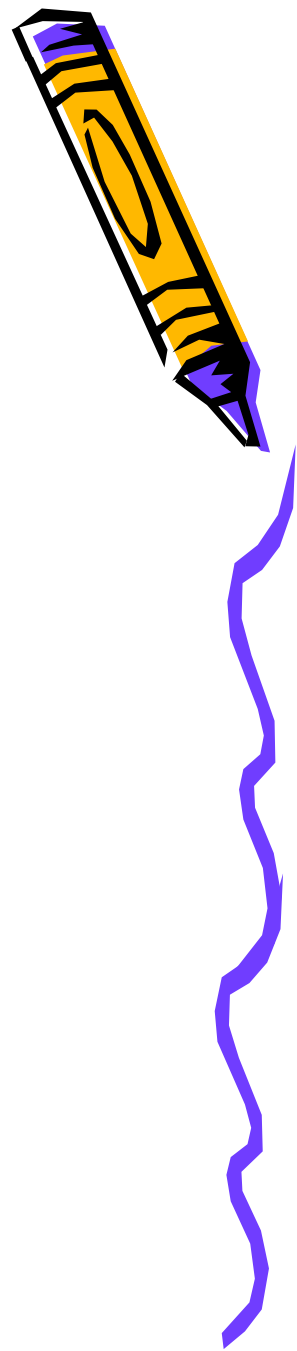


What can I do?

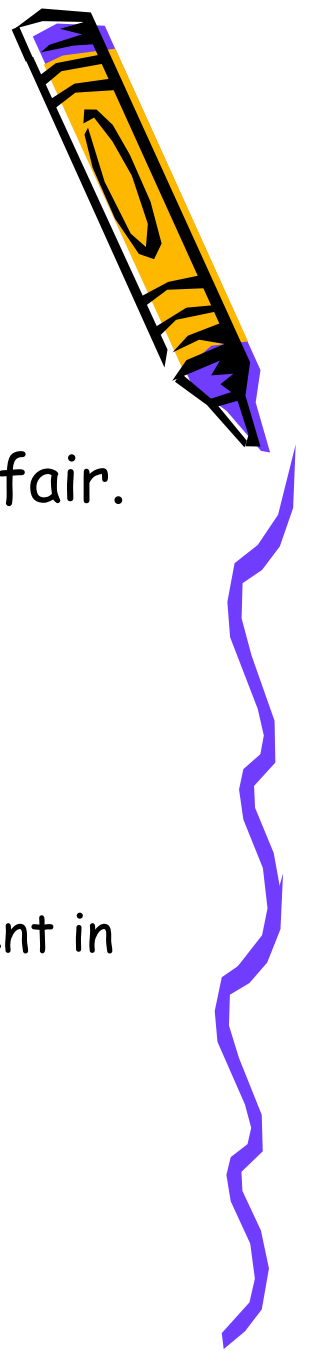
- There's a lot you can do to create a peaceful home and teach your kids to handle conflict constructively...



Excerpt from the PTA Parenting
Guide: Programs and Resources



Six rules for fighting fair...



You will not ever be able to avoid disagreements with your kids, but you can learn how to fight fair.

- Don't attack
- Don't belittle
- Don't condemn
- Define what the problem is
- Define how to rectify it
- Figure out what can be done to prevent the disagreement in the future





The first step in managing anger and family conflict is **AWARENESS**. Identify your style of dealing with anger, then recognize other **OPTIONS**:



- ✓ **O**ffer alternate times or actions;
- ✓ **P**roblem-solve in pairs or as a family;
- ✓ **T**ackle the issue together through compromise or collaboration;
- ✓ **I**gnore the problem temporarily;
- ✓ **O**rders the necessary action clearly and respectfully;
- ✓ **N**ip the conflict in the bud by creating a setting that produces peace;
- ✓ **S**urprise or humor the angry parties.



How to Resolve Conflicts Without Fighting



1. STOP.

- Don't let the conflict get worse. The less angry you are the easier it will be to solve the problem.

2. SAY

- what the conflict is about. What is causing the disagreement? What does each of you want or not want?

3. THINK

- of positive options. How could you meet each other's needs and be fair?

4. CHOOSE

- a positive option each of you can agree on.

If you still can't agree, ask someone else (an outsider) to help resolve the conflict.





Rules

- Agree to resolve the conflict.
- No name calling.
- Take turns talking. Don't interrupt.
- Be clear and truthful about what is bothering you and what you really need.
- Listen to the other person. Be sure you understand how he or she sees the problem.
- Use your brains, not your hands.
- Be willing to compromise (if that's appropriate).





"I" Message



- An "I" message has three basic parts:

* "I feel"

Tell how you feel. Follow "I feel" with a feeling word: "I feel disappointed" * "when you"

Tell what caused the feeling. "I feel disappointed when you cancel our plans at the last minute."

- * "I want"

Tell what you want to happen: "I feel disappointed when you cancel our plans at the last minute. I want you to let me know earlier if you can't make it."



"I" Message



- "I" messages can include a fourth part, a "because" section: "I feel disappointed when you cancel our plans at the last minute because then I'm left on my own, and it's too late to plan something else. I want you to let me know earlier if you can't make it." Caution: It's easy to add blame to the "because" statement; e.g., "I feel disappointed when you cancel our plans at the last minute, because that's a really rotten thing to do."



Parent Information Center

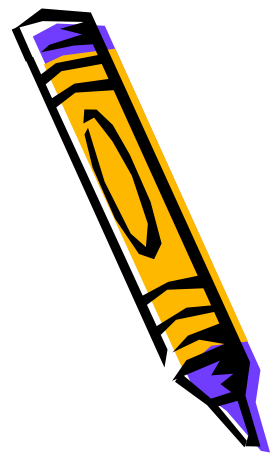
Tips for Parents and Educators



Parents	Both	Educators
<ul style="list-style-type: none">○ Teach children to treat themselves and others with respect○ Teach your children how their behavior affects others○ Help your child to find positive ways to deal with anger○ Turn off the TV○ Set up a buddy system for safe passage to and from school○ Learn about your schools bullying policies○ Teach children to identify and solve the problem rather than attacking the person	<ul style="list-style-type: none">○ Model respect and compassion with your words and actions○ Let kids' know it's okay to talk about problems and that adults will listen and help○ Teach children the difference between "ratting" or "tattling" and "reporting"○ Practice <u>mutual problem solving</u>○ Join forces with parents, teachers and community members to prevent bullying	<ul style="list-style-type: none">○ Respond quickly to incidents of disrespectful behavior and bullying○ Develop a school wide sense of community and caring○ Provide training for students, staff and parents in multicultural awareness, tolerance, character building, peer mediation, problem solving, respectful communication skills and conflict resolution○ Provide safe ways for children to talk about bullying○ Provide supervision in hallways, bathrooms, by the lockers and on the playground



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