

OCTOBER

CONFLICT RESOLUTION

Parent Blurb

Conflict may be inevitable, but how we respond to it is what truly matters. As children learn to navigate the world around them, it is our job to help them develop their problem solving skills. We each have the power to become solution finders to help decrease conflict and increase the peace within the school and home environments.

Six Steps to Conflict Resolution

- 1. Take time to cool off**
 - a. Find a clam corner
 - b. Take deep breaths
 - c. Drink water
- 2. Take turns talking it out using I messages. No put-downs, blaming or name-calling.**
 - a. Example: I feel upset because...
- 3. Each person restates what he or she heard the other person say.**
 - a. Example: I heard you say that you feel upset because I took your markers without asking.
- 4. Take responsibility for your role in the problem.**
 - a. Example: I understand that you are upset because I took your markers without asking.
- 5. Brainstorm solutions together, and choose a solution that satisfies both people, a win/win solution.**
 - a. Example: I think it would be best if I returned the markers and asked to use them next time instead of just taking them.
- 6. Affirm, forgive, or thank each other.**
 - a. Example: Thank you for understanding and returning my markers.



Below are six steps to resolving conflict that can be used at home and in school. We encourage you to try them out as a family.

1. Brainstorm ten things that make you feel better when you are upset.
2. Write down two "I" statements that you can use next time you are in a conflict.
3. The next time you talk to your child, try reflecting back what he/she says. You can start with the words -- I heard you say, or, it sounds like.
4. Think of the last conflict you had. Can you see how you may have been responsible?
5. Take the last conflict you had and come up with two solutions that could have been applied.

