

Conflict Resolution Strategies

Use I statements.

- I feel _____ when _____ happens. I need _____.
- Brainstorm possible solutions.
 - Let your children talk it out. Don't just give solutions.
- Ask your child to "show me the hard part".
 - This helps you to get to the root of what is really bothering them in a kind way.
- Ask "What would happen if...?"
 - Help your child to identify the different consequences.
 - Helps to choose a solution from the brainstormed list.
- Ask open-ended questions
 - How could we work together to solve this?
 - How did you work it out? or How do you know that?
 - Tell me about what you built, made, or created.
 - What do you think will happen next?
 - What do you think would happen if...?
 - What did you learn?
 - What was easy? What was hard?
 - What would you do differently next time?

