



CONFLICT RESOLUTION FOR CHILDREN AGES 4-12 A CAREGIVER'S GUIDE

Presented by Military & Family Life Counselors

OBJECTIVES

- Understanding conflict
- Tips for addressing conflict
- Communication guidelines
- Ground rules for handling conflict
- Problem solving
- Resources



UNDERSTANDING CONFLICT

- Conflict occurs when people perceive a threat to their needs, interests or concerns
- People respond on the basis of their perception
- Conflicts are a normal part of life
- Conflicts present an opportunity for growth
- Good problem solving skills are essential



COMMUNICATION GUIDELINES

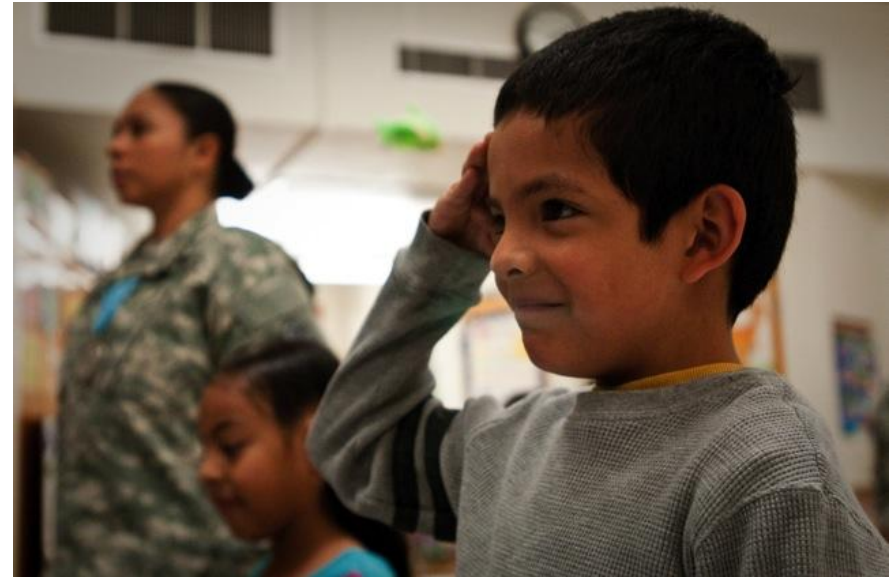
- Do not escalate along with children – remain calm and speak in a soft to moderate tone
- Invite everyone to sit down
- Allow time for cooling off if necessary
- Respect personal space
- Assure children that you are interested in hearing what they have to say



COMMUNICATION GUIDELINES

CONTINUED

- Treat the child with respect, and teach them to treat you with respect
- Use “I” statements
- Be specific – avoid terms like: “always,” “never,” “everyone” and “nobody”
- Listen attentively



GROUND RULES FOR HANDLING CONFLICT

- One person talks at a time
- Each person speaks for himself/herself
- No physical fighting
- No emotional or verbal abuse (no name calling, hurtful personal attacks, profanity, ignoring or berating)



GROUND RULES FOR HANDLING CONFLICT

CONTINUED

- Discuss only one issue at a time
- Do not bring up old issues
- Do not blame others
- Use good eye contact
- Take a time out if needed – agree on a time to follow up



PROBLEM SOLVING

- Ask the child to talk about their view of the problem and then tell them your view
- Talk with the child about what they said or did, and then explain what you said or did in creating the problem
- Have each person describe how they feel and then have them describe how they think the others are feeling



PROBLEM SOLVING

CONTINUED

- Brain storm solutions – list as many possible solutions as you can think of
- Choose one solution
- Try the solution
- Get together later to discuss whether or not the solution worked



PROBLEM SOLVING

CONTINUED

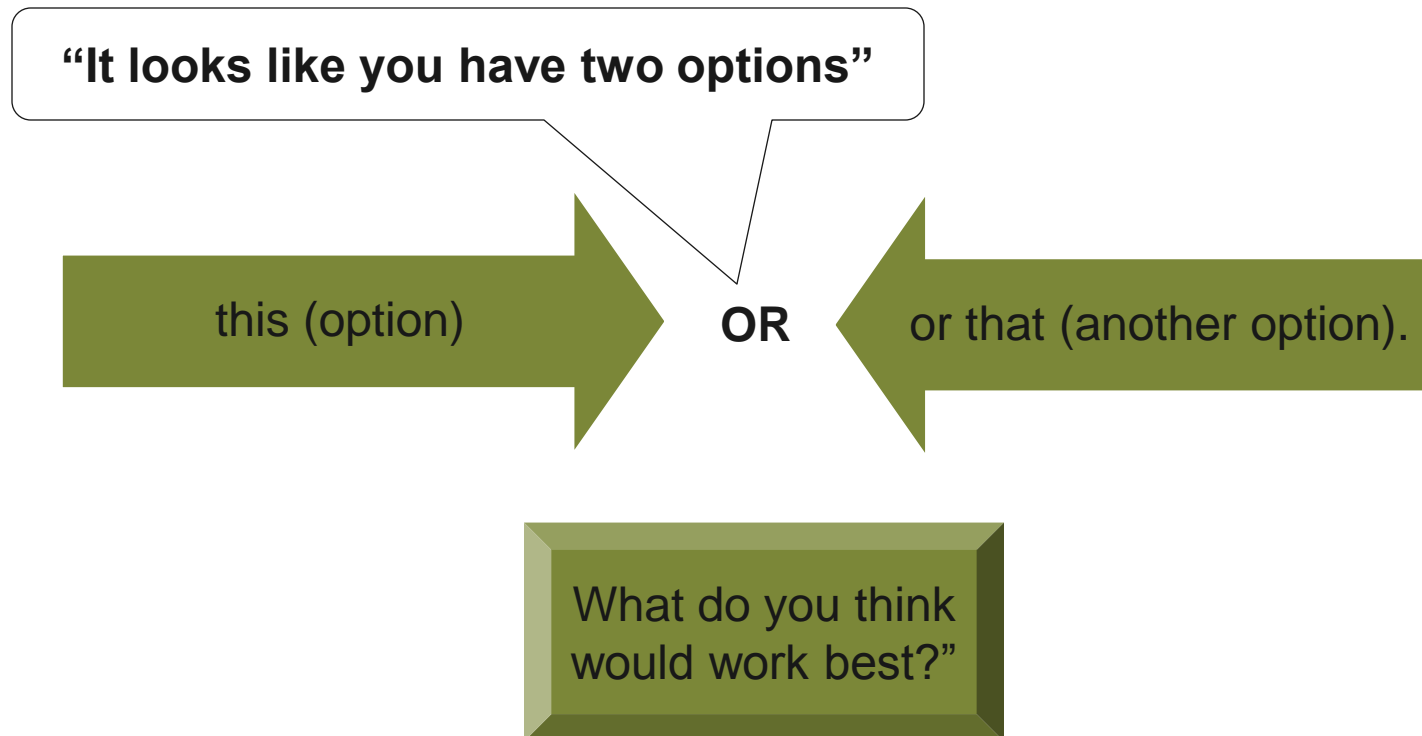
- Model good problem solving behavior for children – talk out loud in front of children in a problem solving manner
- It is helpful for children to see adults express their feelings in an appropriate way
- Help children label all of their feelings and express them appropriately



PROBLEM SOLVING

CONTINUED

Guide children to use problem solving skills through questions such as:



CONSIDERATIONS FOR YOUNGER CHILDREN

Younger children:

Have poor impulse control

Need lots of repetition

Require patience from the caregiver

Need the caregiver to model appropriate behavior



SUMMARY

- Conflict is a part of life
- Conflict provides opportunities for growth
- It is important for children to learn good problem solving skills
- It is important for children to learn to identify and express emotions appropriately
- Adults can take advantage of many natural “teachable moments”





QUESTIONS?



RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE: www.Tricare.mil
- Behavioral Health Services



REFERENCES

- Skills Training for Children: A Parent and Therapist Guidebook by Michael Bloomquist
- Building Character and Community from the Creative Teaching Press





THANK YOU