



# TEACHING CHILDREN HOW TO GET ALONG: A TEACHER'S GUIDE

Presented by Military & Family Life Counselors

# OBJECTIVES

## Participants will learn:

- How to engage children in cooperative activities
- How to teach skills for getting along
- How to discipline aggressive children



# AGENDA

- Introduction
- The Importance of Friends
- The Caregiver's Role
- Types of Uncooperative Behaviors
- Skills for Getting Along
- Problem Solving Skills
- Setting Clear Rules and Consequences
- Aggressive Behavior and Discipline
- Teach Cooperation
- Summary



# INTRODUCTION

**How many times have you heard these statements in the classroom?**

- “I had that first!”
- “Stop hitting me!”
- “Give that back!”
- “No I didn’t!” “Yes you did!”



# THE IMPORTANCE OF FRIENDS

## Children with friends:

- Feel they belong
- Are more likely to feel self-confident
- Tend to have positive feelings about themselves
- Are typically less lonely and sad
- Usually do better in school
- Grow up to be more well-adjusted adults



# THE CAREGIVER'S ROLE

The adult's job is to guide children towards cooperative behavior and model appropriate behavior.

## Remember:

- Children are not born knowing how to get along with each other
- Young children must be taught how to share, take turns and not take things away from other children
- All ages must be taught how to resolve conflicts in a peaceful way



# TYPES OF UNCOOPERATIVE BEHAVIORS

- Taking things from others
- Refusing to take turns
- Taking over and bossing others around
- Being overly competitive when playing games
- Being overly aggressive: pushing, hitting, kicking



# SKILLS FOR GETTING ALONG

- Tell children to ask you for help if they have a conflict with another child
- Teach problem solving skills
- Have the children role play appropriate social behaviors
- Give the child a sense of control
- Reinforce positive behavior





# SKILLS FOR GETTING ALONG

CONTINUED

- Model the behavior you want from the child
- Help the children understand that getting along makes things easier
- Let them know other children will be more likely to play with them if they know how to get along with others
- Teach them to identify and appropriately verbalize their feelings
- Help them learn to recognize feelings in others



# PROBLEM SOLVING SKILLS

- Find out what the conflict is about
- Help the children identify the problem
- Teach them how to calm down
- Discuss alternatives
- Evaluate the alternatives
- Reinforce the positive behavior



# SETTING CLEAR RULES AND CONSEQUENCES

**Children need structure and clear and consistent rules such as:**

- “Hands are not for hitting.”
- “Use your words, not your hands.”
- “Ask before taking things that belong to others.”
- “Call for the teacher/caregiver if someone is hurting you – don’t hit back.”
- “Use your words to fix problems.”



# AGGRESSIVE BEHAVIOR AND DISCIPLINE

## Have a zero tolerance policy for aggressive behaviors

- Separate the children
- Communicate the behavior as unacceptable and non-negotiable
- Have the victim appropriately confront the aggressor
- Ask the aggressor to apologize
- Talk about alternatives to the problem behaviors
- Ask both children to shake hands after the problem is resolved
- Encourage the children to play together cooperatively, or redirect the children to different activities in the room if necessary



# TEACH COOPERATION

- Help kids get to know each other better
- Create opportunities for cooperative interaction
- Treat all kids with the same level of fairness
- Have kids engage in non-competitive activities
- Provide opportunities for children to be helpful to one another
- Teach them different ways to handle anger



# SUMMARY

- Learning to get along is important for social, emotional and academic development
- Children must be taught skills for getting along since they are not born knowing this
- Problem solving skills are important tools for getting along with others
- Clear rules and consequences must be taught so children will know what their expectations are
- Creating opportunities for cooperative interaction helps children learn skills for getting along





**QUESTIONS?**



# RESOURCES

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





# REFERENCES

- “Helping children Learn to Get Along”, Illinois Early Learning Project, <http://illinoisearlylearning.org>
- “A Conflict Resolution Protocol for Elementary Classrooms,” Paula Denton and Roxann Kriets, the Northeast Foundation for Children, Greenfield, MA, [www.responsibeclassroom.org](http://www.responsibeclassroom.org)
- “Aggression and Cooperation: Helping Young Children Develop Constructive Strategies,” Jan Jewett, Clearinghouse on Early Education and Parenting
- “Helping Children Get Along with Friends,” Robert Hughes, Jr., Ph.D., Department of Human Development and Family Science, The Ohio State University





**THANK YOU**

