THE NATIONAL CENTER ON Quality Teaching and Learning

THE NATIONAL CENTER ON Parent, Family and Community Engagement

Conflicts and your child

"That's mine! Give it back!" What parent hasn't heard those words?

Here are some ways to help your child learn to handle conflicts:



Help your child *think ahead to avoid problems.*
"What toys do you want to share when Omar comes to play? Do you want to put any away?"

If a conflict happens, *stay nearby. Help your child talk about the problem.*
"What's happening? How do you both feel about that?"

Help children *come up with several solutions.*
"What can you do to decide who goes first? Do you have some ideas? Would you like to pick a number, or play a game like Rock, Paper, Scissors? Do you want to have a snack and then talk about it?"

***Celebrate children's efforts* to solve problems.**
"That's a great idea! Flipping a coin is a good way to see who goes first. What else could you do?"

Sometimes children get overwhelmed. They might need help calming down before they can describe their feelings or talk about solutions. You could suggest taking a deep breath, or walking away to take a break from the situation. Sometimes adults need to do this too!

For more information, contact us at: **NCQTL@UW.EDU** or **877-731-0764.**

This document was prepared for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, by the National Center on Quality Teaching and Learning under Grant # 90HC0002 in collaboration with the National Center on Parent, Family and Community Engagement under Grant #90HC0003.

WINTER 2014