Everybody Wins!

Conflict is a normal part of life. It happens between friends, siblings, and children and parents. Effective conflict resolution keeps relationships intact. Children who practice essential social awareness and relationship skills can reach positive agreements and strengthen their relationships with others.

Here are three steps children can take to resolve conflicts:

1. **IDENTIFY THE ISSUE.**
   - Each person states the conflict or difference of opinion.
   - Focus on the issue, not the other person.

2. **THINK OF POSITIVE OPTIONS.**
   - Each person states his or her wants or needs.
   - Brainstorm what could happen to meet both needs.

3. **CHOOSE A POSITIVE OPTION ON WHICH EVERYONE CAN AGREE.**
   - Select the option that everyone feels is fair.
   - Make sure the option is not harmful to anyone.

> *The goal of any disagreement should be to think of a solution that everyone agrees on and thinks is fair.*

Building Your Child's Social and Emotional Competence

Relationship skills and social awareness are social and emotional competencies that help children establish and maintain healthy, rewarding relationships with diverse individuals and groups. These activities help children build conflict resolution, seeking help, and empathy skills.

Make a Poster!

Encourage your child to make colorful posters promoting the three conflict resolution steps. They may want to draw characters acting out each step. Hang the poster and refer to the steps when a conflict arises.

Remember It!

Inspire your child to come up with a rhyme, song, or other mnemonic device to remember the three steps to conflict resolution.

Many children are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your child knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at https://www.cdc.gov/coronavirus/2019-ncov/index.html.