



## TIP SHEET~ Conflict Resolution Skills for Children

Teaching children conflict resolution skills is essential for their social and emotional development. Here are some simple conflict resolution examples that parents and caregivers can use to help children learn how to resolve disagreements peacefully:

### Sharing Toys:

- Scenario: Two children want to play with the same toy.
- Resolution: Encourage them to take turns. Use a timer to ensure fairness and praise them for their patience and sharing.

### Sibling Disagreement:

- Scenario: Siblings argue over what TV show to watch.
- Resolution: Have them take turns choosing a show or suggest a compromise, like watching one show today and the other tomorrow.

### Playground Dispute:

- Scenario: Your child and a friend argue about who gets to go first on the slide.
- Resolution: Encourage them to talk it out. Teach them to say, "Let's take turns. You can go first, and I'll go next."

### Group Project at School:

- Scenario: Your child and classmates disagree on how to complete a group project.
- Resolution: Suggest they brainstorm ideas together and take a vote. Teach them that sometimes majority rule can be fair.

### Conflict with a Friend:

- Scenario: Your child's friend said something hurtful.
- Resolution: Teach your child to express their feelings calmly by saying, "When you said that it hurt my feelings." Encourage them to talk it out and find a resolution together.

### Mealtime Disagreement:

- Scenario: Your child refuses to eat vegetables.
- Resolution: Rather than forcing them, discuss the importance of a balanced diet. Offer choices and involve them in meal planning to make them more willing to try new foods.

### Bedtime Argument:

- Scenario: Your child resists going to bed at their designated time.
- Resolution: Create a bedtime routine and set a consistent schedule. Explain the importance of sleep for their health and growth.

#### Online Gaming Conflict:

- Scenario: Your child and their online gaming friend have a disagreement during a game.
- Resolution: Encourage them to communicate and resolve the issue within the game's chat or messaging system. Emphasise the importance of sportsmanship.

#### Schoolwork Disagreement:

- Scenario: Your child's classmate wants to copy their homework.
- Resolution: Teach your child to assertively say, "I can't let you copy my work, but I can help you understand it." Encourage them to suggest studying together.

#### Team Sports Dispute:

- Scenario: Your child's soccer team disagrees on who should be the captain for the game.
- Resolution: Suggest they take turns being captain for different games or have a quick, fair vote among the team members.

In all these examples, the key is to teach children active listening, empathy, and problem-solving skills. Encourage them to express their feelings, find common ground, and work together to resolve conflicts peacefully. These valuable skills will serve them well in various aspects of their lives, fostering healthy relationships and better communication.