

How to Handle **Conflicts** with Children



Stay Calm

- Calm yourself first (e.g., leave the environment momentarily, take deep breaths)

Listen with Empathy

- Listen and understand your child's thoughts in an open manner
- Accept your child's feelings
- Do not rush to correct or punish your child as it may discourage your child from communicating



Solve Problems Together

- Step 1: State the problem clearly
- Step 2: State your feelings and expectations
- Step 3: Encourage your child to state his/her needs and feelings
- Step 4: Brainstorm possible solutions with your child
- Step 5: Guide your child to evaluate the pros and cons of different solutions and choose an appropriate one together
- Step 6: Take action and evaluate with your child afterwards

