



... for parents

## K5.5 WALKING THE TALK

### Resolving your conflicts

Your child has taken part in an OFF-TRAIL workshop on resolving conflicts. They have learned a four-step method for resolving their conflicts.

#### DID YOU KNOW?

Experiencing conflict is normal and can be beneficial to children's development. By learning to resolve conflicts, they learn to assert themselves, communicate with respect and listen.

#### NOW IT'S UP TO YOU!

When your child is in conflict, you can remind them to use the method they've learned and refer to the sheet they've been given.

You can also use these strategies:

- Listen to everyone's version;
- Ask children to name their emotions;
- Rephrase and repeat back to understand the problem;
- Encourage them and help find and implement solutions;
- Congratulate and acknowledge the resolution of the conflict in a positive way.

[To hear this content:](#)



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