

## Advice on how to deal with conflict

### Potential Learning:

This will support you and the children to manage feelings and emotions and understand that conflict is a natural part of interaction; it is how we manage it which is the important part.

### What you need to consider:

- Try reframing your statements
- Instead of constantly using no, stop etc turn the sentence around so it has more of a positive note.
- If you are feeling stressed, take a step back, give yourself some time and then manage the situation.
- Understand that Conflict will happen.
- Praise where and when you can, even the smallest acknowledgements will benefit relationships.

### Acknowledge that the situation is difficult with the child

"I see/ hear this is difficult for you"

### Positive Language alternatives:

Calm Down – How can I help you?

Stop Crying – I can see this is hard for you

You're Ok – Are you ok?

Be Quiet – Can you use a softer voice?

Don't Hit – Please be gentle

Stop Shouting – Take a deep breath, then tell me what happened

Don't get upset – Its ok to feel sad

That's Enough – Do you need a hug?

No Hitting – Use kind hands