



Behavior Bits

Volume 6: Mediating Conflicts



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Avoiding At-Home Conflict

"But he started it!" How many times have you heard that during quarantine? Whether it's conflict between siblings or what seems like constant bickering between your teen and yourself, conflict is inevitable during this extended period of quality time. **Here are some tips for avoiding conflict while staying at home:**

- Prioritize turn taking to promote sense of fairness
 - A timer can be a great way to make turn taking more concrete!
- Set clear expectations of how children should interact with one another and adults
- Use labeled praise by stating what you like about how your children are interacting with one another during positive interactions
 - Ex. "I love how nicely you are sharing your toys. That makes playing more fun!"
- Promote fun, interactive activities for your children to mutually enjoy together to maintain a positive relationship (examples below!)



Modeling How To Handle Conflict

Children learn skills by watching and then repeating what they see and hear. As parents and educators, we are constantly modeling the skills that we want our children to learn. Here are a few tips on how to model conflict skills:

- Be respectful when you disagree with your child.
 - Be mindful of body language (i.e., eye rolling, posture, stance).
- Speak in a calm voice during a disagreement
- Listen to your child and try not to interrupt when they are speaking.
- Acknowledge your child's feelings.
- Allow your child to vent about the problem from his or her perspective.
- Try to help your child find a solution to problems and disagreements that arise.

<https://oureverydaylife.com/deal-family-conflicts-among-siblings-14317.html>

<https://www.verywellfamily.com/solutions-for-sibling-fighting-and-rivalry-620104>

Resolving Conflict Peacefully

At home or school children may become involved in conflict with peers or adults. Some bickering and conflict may help children discover and learn positive ways of resolving disagreements. When learned well, these skills will come in handy later in life.

Helping children develop conflict resolution skills isn't complex, but it does require a consistent and patient approach. Here are some tips to consider:

1. Have everyone involved think about the problem. Ask questions that encourage them to analyze the situation.
2. Have everyone say how they feel. Encourage your child to listen to the other person.
3. Brainstorm solutions together. Decide on a solution. Consider how logical consequences can play a role.
4. Make sure everyone sticks to what was decided.
5. Talk and process again if the solution is not working.

While resolving conflicts can be a wonderful teaching moment, remember that either you or your child might need time to cool down or process before such conversations can occur.

Conflict is inevitable but combat is optional.
-Max Lucado-

Fun, Interactive Activities to Try During Quarantine

- Put on a household talent show
- Build a pillow fort and tell fictional stories in it
- Play video games that promote teamwork and communication
- Plant a garden
- Follow a new recipe (or make up your own!)
- Have an indoor (or outdoor) picnic
- Play cards or a board game
- Take a nature walk and list all of the animals that you see
- Work together to create and complete a chores edition of "BINGO"
- Play charades
- Paint a portrait of one another
- Make your own games and crafts

○ https://www.kiwico.com/kids-at-home?fbclid=IwAR2f_OHJSy4aHHFoaKO6V5T1vg-zAKdrJZyNuQGkKDK8mu9xdL051TOgt9Y