

Positive Parenting

Ways to Handle Conflict Resolution

Teasing / Name Calling

Name calling hurts! It is never acceptable. Through role-playing children can be taught how to respond appropriately using “I” statements. They are not to tease back. They also need to be taught to talk out the problem with an adult. Encourage children who are teased to find allies and use them as support. It can also be helpful for a child who is teased to know that they don’t deserve the teasing and that they have characteristics that are strengths.

Bullying

“Bullying is a form of violence and may lead to more serious forms of antisocial behaviour. Bullying may be physical, emotional, verbal.” It is a serious problem because of the future implications.

“Children who are bullies often grow up to be abusive adults.”

More boys than girls tend to be bullies. Bullies tend to target those children who are vulnerable. (shy, passive, look or dress differently, insecure)

Bullying can be stopped by teaching “listening skills, problem solving skills, personal and social skills to children. Parents and teachers can model appropriate behaviour and self-discipline.” Bullying is unacceptable behaviour. Talking about bullying can help stop it from happening.

Teach children who are bullied to find friends and use them for support and protection. Also encourage them to leave the difficult situation.

Quotes from the pamphlet – How To Say No To Bullying, ETFO

Anger

When children react with anger or aggression they need to be taught that the behaviour is unacceptable. It is okay to feel angry but not to hurt others or to destroy things. “Constantly reinforce the message – People are not for hitting/biting/kicking.” The children need to be taught alternative ways to deal with their anger. They can be encouraged to walk away, count to 10, go to a quiet area for a time out, tell the person they are angry at how they feel or go and get an adult to help mediate. “Role-play or practice both the incorrect and the appropriate responses. Discuss the child’s feelings in each situation.”

Quotes from the pamphlet – Coping With A Child’s Anger, ETFO

Play Fighting

Play fighting is an inappropriate form of play. It is difficult for children to accept this since play fighting always starts out as fun. The problem is the play most often leads to one of the children getting hurt which then in turn can lead to anger. The end result is usually a “real fight”.

Lying/Stealing

Set a good example. If children see their parents telling “little white lies” or keeping things that aren’t theirs then it shows the children that the behaviour is acceptable.

If your child lies or steals:

- Remain calm.
- Don’t label them a liar or a thief.
- Don’t ask your child if they did lie or steal when you know they did.
- Praise the child’s acceptable behaviour.
- Give your child an opportunity to make amends.

Destructive Behaviour

Destruction can be accidental: the child who is curious and takes something apart, the child who doesn’t know his own strength or the child who is awkward and clumsy. Try to be patient and understanding in these situations and praise positive behaviour when it occurs.

“Once in a while destruction is deliberate, and usually involves more than one child. Children in a group will do things they wouldn’t dream of doing on their own.” You can help your child change his or her behaviour by “stressing the rights of others and the cost of repairs (which he should help pay for).”

Violence/Aggression

Discuss with your child the harm and fear that violence and aggression cause others. Praise them when they interact in an appropriate manner with their siblings and peers. Spend quality time with your children. Let them know they are loved and appreciated. Limit the amount and type of TV watching your children are doing. One hour per day of appropriate viewing is enough. When a movie or a video is especially violent, turn it off.

Watch your child’s play. If it becomes rough then step in and redirect them. Children can get hurt when rough play or play fighting gets out of hand.

Let your children know that it is okay to feel angry and upset. It is not okay to hit and hurt someone. Also teach them that “getting revenge” is wrong. Role play is an acceptable way to express anger.

Teach your child how to:

- Recognize their feelings of anger.
- Label feelings of anger with words.
- Use positive self talk.
- Walk away and cool down/ take a break.
- To use relaxation techniques.