

Problem solving when you and your child are in conflict

When you and your child are in conflict:

- listen to the feelings behind the actions and label them
- communicate your understanding before giving advice or trying to solve the problem
- reflect empathy and validate feelings where necessary
- express your own feelings and needs
- help your child to brainstorm options, for example, by asking:
'Hmm. What can we do now?' or
'What would make things better?'
- together decide on a solution or help your child to choose a solution.

Tips

- You might need to weigh up possible solutions. Together, you could ask:
Is it fair?
Will it work?
Is it safe?
How am I likely to feel?
How are others likely to feel?
- You might need to set limits around these solutions.



Adapted from Gottman, J. M. & DeClair, J. (1997). *The Heart of Parenting: Raising an Emotionally Intelligent Child*. New York: Simon & Schuster.