

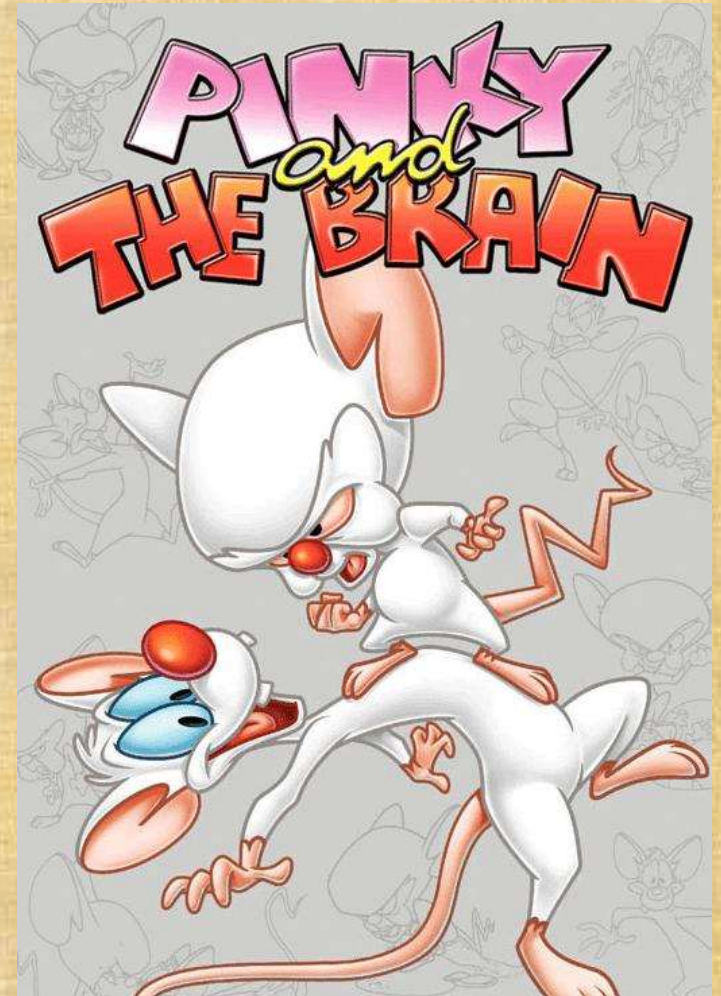
Conflict Resolution: The Good, The Bad and the Ugly



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TONIGHT'S MAP

- “Pinky and the Brain”
- Practical tips
- Reduce the Ugly
- Table Questions
- Research study



What is Sibling Rivalry?



SIBLING RIVALRY

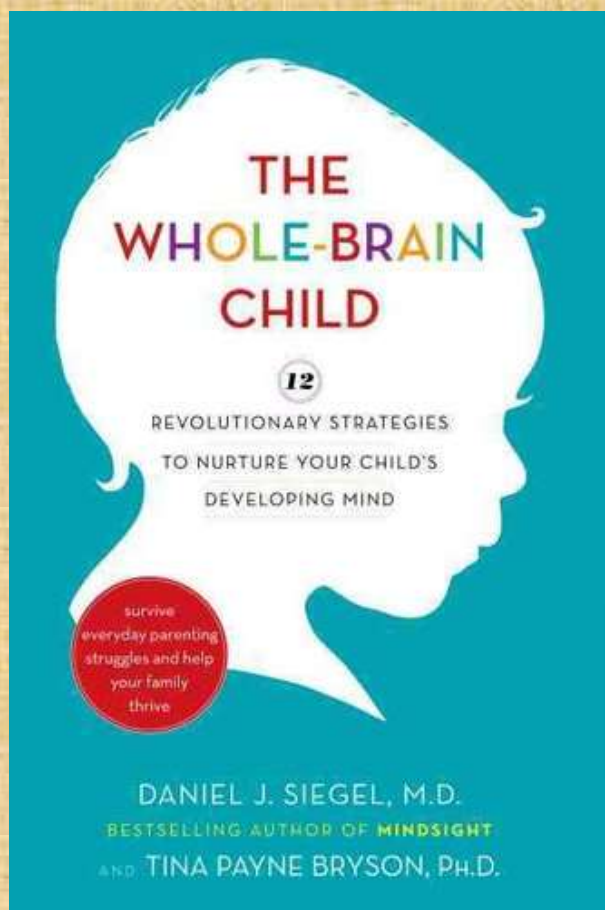
Who do you love more now mom ?



“ What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you?” (James 4:1, ESV)

“Do not be conformed to the patterns of this world, but be transformed by the renewing of your mind.”

Rom. 12:2a



Five Practical Tips

1. Be an example

2. Stay informed

Three techniques:

-Connect and Redirect

-Keep Your Lid On

-Timer Talk:

3. Create a place of calmness

4. Hear their stories

5. Goodnight...



FEELINGS

Right now I feel _____!



HAPPY



AFRAID



SAD



FRUSTRATED



ANGRY



SMUG



DISTRACTED



CONFUSED



SURPRISED



GUILTY



PROUD



ENRAGED



ECSTATIC



HOPEFUL



LONELY



SHOCKED



WORRIED



HOPELESS



DISGUSTED



ASHAMED



EMPTY



JÉALOUS



NERVOUS

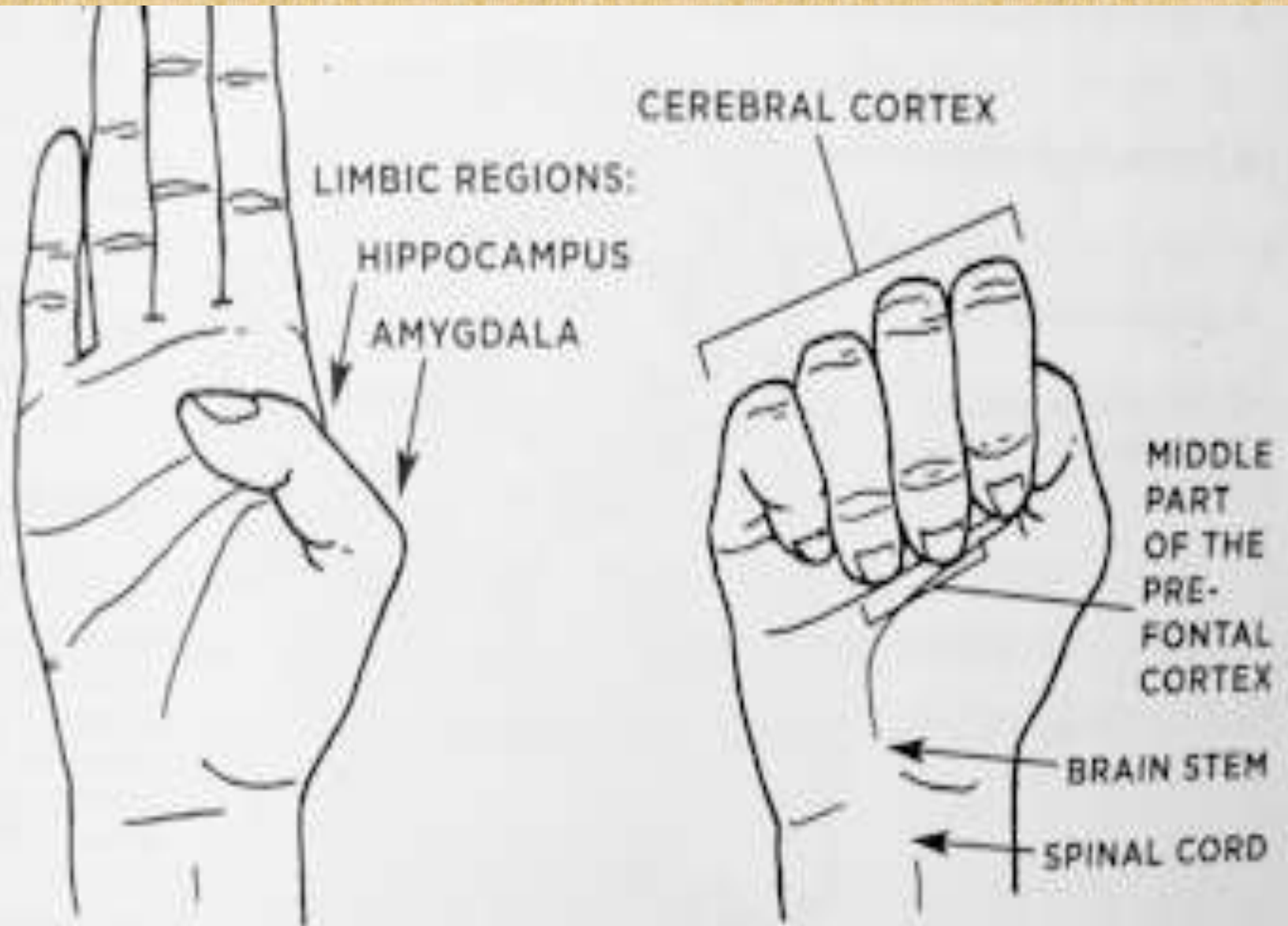


DEPRESSED



EXHAUSTED

Keep Your Lid On!





Five Practical Tips

1. Be an example

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Three techniques:


-Connect and Redirect

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-Timer Talk:

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5.  Goodnight...

Reduce The Ugly

1. Have long-term goals
2. Talk openly about your mistakes
3. Discourage ignoring of one another
4. Encourage one another
5. Develop craft of storytelling

Spend 2 minutes on each question:

1. What is your # 1 strategy for resolving conflict?
2. Does your resolution of conflict look different at different times (for example: at home or at the store)?
3. What challenges throughout the day might change how you interact with your child(ren)?
4. What are the different ways that your child tells you his/her needs?
5. Please fill out the question next to the children on the yellow form.

Research Study with Focus Groups

January 24 – March 14, 2015

1. Information on yellow form
2. Parents volunteer to take part in research to pre-emptively teach practical techniques to help families and schools combat anti-social behavior
3. Fill out the form and pass it to one person at your table and someone will come around and collect them
4. Thank you for considering!

Recommended Readings

- Brazelton, T.B., M.D. & Sparrow, J.D., M.D. (2005). *Understanding sibling rivalry: The Brazelton way*. Cambridge, MA: Da Capo Press.
- Faber, A. & Mazlish, E. (2012). *How to talk so kids will listen & listen so kids will talk*. New York, NY: Scribner.
- Faber, A. & Mazlish, E. (2012). *Siblings without rivalry: How to help your children live together so you can live too*. New York, NY: Scribner.
- Hamaker, S. (2014). *Ending sibling rivalry: Moving your kids from war to peace*. Kansas City, MO: Beacon Hill Press.
- Siegel, D. J., M.D. & U Bryson, T.P., Ph.D. (2012) *The whole-brain child: 12 revolutionary strategies to nurture your child's developing mind*. New York, NY: Penguin Group.
- Siegel, D.J., M.D. & Hartzell, M.Ed. (2014). *Parenting from the inside out, (10th anniversary edition)*. New York, NY: Penguin Group.