



203-736-8566

www.vsaac.org



vsaac@bghealth.org

THE VSAAC VIEW

July 2009

Volume 4 Issue 7

RESOLVE CONFLICT AND REDUCE POWER STRUGGLES WITH CHILDREN AND TEENS

A conflict can cloud our world and ruin our day unless we step back and view the problem as just another tiny blip on our radar. Every disagreement shouldn't become a power struggle. Sometimes it is wiser to overlook a situation, than to engage in an argument. When both parties "dig-in their heels", the stage is set for a long, painful struggle.

Consider if the problem is really worth the power struggle and the aftermath. The following are some things to consider:

Will the situation or allowing the behavior negatively affect the health, safety or well-being of my child/teen?

Will the situation or allowing the behavior affect my child's/teen's moral or ethical development?

Will the situation or allowing the behavior undermine my role as a parent?

Will the situation or allowing the behavior undermine my relationship with my child?

Will the situation or allowing the behavior be giving into something that I should stand firm on?

A few non-negotiable guide lines and boundaries regarding behaviors should be a part of every household. *These should not be created at the time of a disagreement.* Some policies that should always be in place: no physical fighting, telling the truth, and speaking with respect. Other rules/guidelines/boundaries depend upon each individual household.

FAST FACTS



Conflicts do not need to be volatile and negative

Conflicts can lead to increased understanding and creative thinking

Conflict resolutions skills can improve relationships

Conflict resolution can lead to better understanding between individuals

Awareness, choice and willingness are three essentials for the resolution of a conflict



Love and respect are the most powerful of teachers

The information found in this newsletter comes from the **LEARNING PEACE** website
www.learningpeace.com

Anger Management Quick Tips

Help to control your anger by following these steps:
Stop, Breath, Chill.



Don't react!

Take some time, think things through - then act

Learn to breath deeply:

Take slow, deep breaths into the stomach and slowly release the breath and deflate the stomach. Breathing this way 3 times will lower the level of stress and anger.

Cool off:

Don't respond until you have had time to think. Walk away. Find something enjoyable to do while you clam down and think things through.

Develop a calming statement:

ex: "I can handle this." "This won't ruin my day."

Use I messages:

Express yourself by stating how you feel using "I". Ex. I think, I feel, etc. Do not accuse or blame the other person by saying "you" did some thing or acted in some way. "You " messages make a conflict worse.

Is this you?
How often?
Does being angry
help to solve your
problems?

Parents and Teachers:

Violence appears to be the way we have learned to deal with emotional conflict. This can be changed. As role models we have the ability and responsibility to teach children by our own actions. We have all experienced the feeling of overwhelming anger. We must learn to control ourselves and pass on these skills to our youth. Children do not behave a certain way because we tell them to. They learn from what they see and experience

It helps to calm ourselves and speak in a calm voice when confronted with a difficult situation

It helps to recognize that the other person has a point of view that may be different than ours but may be just as valid. (there may be some underlying causes for anger that we are unaware of)

It helps to know that if we are in control, we can not be controlled by the situation or the other person.

There are some situations that require action (some activity) —diverting the anger until the anger diminishes. Example: One mother used water as a tool to sooth anger in her daughter. She would fill the sink and have her daughter play in the water. The water was a calming distraction.

Example: One teacher used physical exertion. When a child in her room became angry he became physical. She used that energy to help him gain control. When she noticed he was getting angry she gave him a brush and suggested he brush the carpet as hard as he could. On his own, the child began using this activity when he was feeling angry.

For every angry, frustrated child, there is a way to calm them. We need to take the time and energy to find the one thing that works with that child.



Peace starts with each of us and sometimes we need to take the first step