

# COMMUNICATION



# CONFLICT MANAGEMENT

Would you rather be happy, or right?

Think of ways and ideas to resolve the problem.

Keep the conversations going, do not walk away

Look at alternatives

Do not keep dragging up the past or referring to it

You do not always have to agree

Be easy and open to talk to

Talk when calm and not angry

Do not name call

Listening is not obeying

This is not about winning an argument

Change begins with you

Separate the problem from the person

Respect each other

Sometimes we must have awkward conversations to resolve the issue

Show that you are listening.

# VRF'S



When things become too overwhelming for our children, we as adults, need to adopt our vital relational functions.

## Vital Relational Functions

**Attunement-** Showing you can catch how they feel through facial expressions, body language, gesture and noises, mmm, oh, aah

**Validation-** Validate their perspective- I can see you are upset, angry, scared.

**Containment-** Make their deep distress, raging anger, or painful sorrow a survivable experience. Be near, hold their hand, put your hand on their shoulder.

**Soothe/ Calm-** Teach them to calm themselves down, this will take lots of practice. Breathe with them.

**Regulate-** Helping the child regulate their emotions by naming what they are feeling **'naming is taming.'**



Attune → Validate → Contain → Regulate



Catch 'n' match  
the feeling!

Attune → Validate → Contain → Regulate



Stop the  
behaviour,  
validate the  
feeling

Attune → Validate → Contain → Regulate



Make the  
unbearable  
survivable!

Attune → Validate → Contain → Regulate

Meet the intensity  
then calm  
and soothe



1. I can see that you're hurting. That's an awful feeling.
2. Thank you for sharing that with me. My heart hurts for you.
3. I know you're really angry with me—I'm glad you are honest with me.
  4. I've felt that way too.
5. Can I rub your back or just sit with you while you sort out these big feelings?
  6. You're having a really tough day. I get it.
  7. Sometimes I feel \_\_\_\_ when...
8. I know you're upset it didn't work out. But you did your very best, and I'm proud of you.
  9. That makes sense. I'd feel that way too.
  10. It sounds like you've had quite a day!
  11. I'd be disappointed too.
12. Friendships can be so hard! I remember struggling with these problems at playtime too.
13. You know, I do the same thing sometimes! It's so hard for me to make the right choice.
  14. I think I hurt your feelings. Can we talk about it?
  15. It must be tempting to give up...
  16. We're both struggling right now, aren't we?
17. Do you want to hear about my worst day at school, too?
  18. This is hard to talk about it, isn't it?
19. I don't know what you should do, but I'm always in your corner.
  20. It's brave of you to talk honestly with me.



# FEELINGS

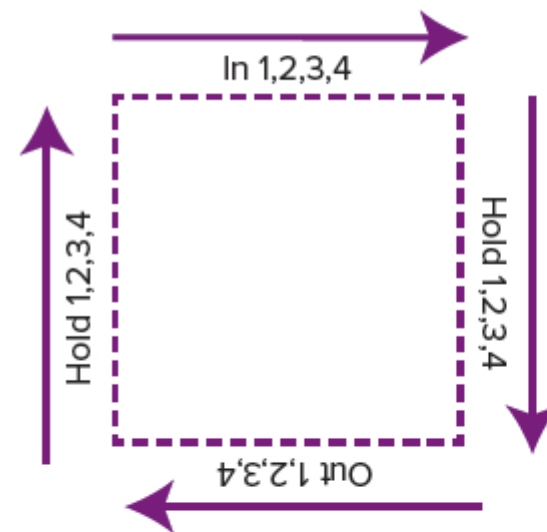
Feelings are signals in our body and it is important that we listen to them as they give us clues about what is going on around us. We need to teach our children that we all have feelings and these feelings are ok.

The following slides include strategies to help children understand their feelings...

## Why not give one of these breathing techniques a try...

As you breathe, use your finger to trace along the arrows

### Square Breathing



### Star Breathing

