

MISSION: CONTROL!

A BIG FEELINGS ADVENTURE!



Parent Power Pack

"Resolving Parent/Child Conflict

A Step by Step Plan"

By

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When my child needs support, my plan is to follow these steps to manage my emotions so I can help my child:

Identify conflict: _____

Step 1:

a. Pause.

b. Scan my body to see where I feel my emotions.

Examples:

My body feels warm.

I suddenly feel exhausted.

I am reacting in ways uncharacteristic of me.

I feel like yelling.

I need to think.

I feel anxious in my chest.

My stomach hurts.

My muscles feel tense.

c. Breathe in through my nose and out through my mouth several times.

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d. Choose a response that allows me to support and guide my child in a loving way so my child feels safe, knowing I am right there to help.

Some possibilities:

Move my body.

Squeeze my hands.

Push against a wall.

Pet a pet.

Use an oral strategy.

Smell a flower or essential oil

Look at a happy picture of you and your child.

Close your eyes.

Say a prayer.

Listen to music.

Get a hug.

Keep breathing deeply.

Shake out your hands.

Squeeze putty or stress ball.

Blow bubbles. (fun for both parent and child)

Drink water.

Repeat a manta or affirmation.

Rock in a rocking chair.

Watch a visual soother e.g. something in nature

Pop bubble wrap.

Slowly sip water, meditatively.

Look at a book or magazine.

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Step 2:

a. Focus on your child. Your child is having a hard time and needs your help.

Soften your presence.

Touch your child.

Make eye contact.

Tune in to your child.

Tune out distractions.

Listen with intention to understand your child's message. (no explanations, judgments, lessons, arguing, blaming, dismissing or your agenda.)

b. My child is telling me _____

c. Underlying my child's words are _____

Possible emotions:

Fear

Disappointment

Grief

Hurt

Helplessness

Sadness

Threat

Fairness

d. How I show my empathic listening is by _____

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Possible choices:

Acknowledging my child's feelings.

Validating my child's feelings.

Reflecting my child's feelings.

Accepting and welcoming my child's feelings.

Describing what I observe my child doing.

Acknowledging my child's perspective.

Observing my child's reactions to my listening.

Inviting my child to share thoughts and feelings.

Narrating what happened.

Slowing everything down. (e.g. speech, volume, movement)

e. I know my child feels understood because _____

f. What my child wants me to know is _____

Possible messages:

I need attention.

I need to feel safe.

I need to connect.

I need to be heard.

I need to be seen.

I need to be felt.

I need to feel loved.

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I need boundaries.

I need consistency.

I need structure.

g. Summarize what you heard is important to your child and confirm that you heard accurately. _____

Step 3:

a. What do you both agree is the problem? _____

b. What outcome would you both like? _____

Step 4:

Open up the discussion for solving the problem, enlisting your child's strengths to come up with a win-win solution. All suggestions get written down. List suggestions e.g. take one mini step at a time:

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a. Work with your child to find a solution that works for both of you _____

b. Check the solution to see if it prevents the problem from happening again and modify if needed. _____

c. Check the solution to see if it follows the family values and modify if needed.

d. Ask your child to predict what will happen if each person follows the agreement.

e. Share with your child what you think will happen if each person follows the agreement. _____

f. Ask your child to predict what it will feel like if the agreement is followed.

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g. Share how you will feel if the agreement is followed. _____

h. Ask your child what was learned from "talking it out". _____

i. Share with your child what you learned from "talking it out". _____

j. Ask your child for a do-over, reflecting a correction that will ensure that the same thing cannot happen again and reflects your agreement. _____

k. Ask your child to predict what will happen. _____

l. Share with your child what you think will happen. _____

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Step 5:

a. Summarize what happened from Step 2 through Step 4 and ask your child if it is accurate. _____

Monitor how the agreement is going. When indicated, check in to see how you both think the agreement is working. If any changes are needed, you can make modifications to the agreement and monitor the updated agreement. Comments on how it's going: _____

Step 6:

a. Write down 3 things you learned from working through this plan. _____

b. Write down your observations and experience of working through the plan.

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c. Write down how you feel about the way you parented. Was there anything that got in your way of being the parent you want to be? What will you want to repeat next time? What did you learn about yourself as a parent? -----

d. After you check in with your child about how the agreement is going, write down your updated thoughts about going through this plan. -----

Tips for improving interactions:

In a safe way, rough house or have pillow fights or do water play with each child daily to provide a release, through laughter, from the day's stressors. Establish safety rules. Monitor your child's level of arousal and if things get too exciting, take a break. Let your inner child have fun.

Spend time daily with your child, being present and delighting in your child while you play together. Play is a way to show love, patience and attention, which strengthens your relationship.

Communicate with your child.

Model behavior you want to see in your child.

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Take care of yourself so that you have the inner resources available to help your child. Some ideas:

- Use meditation/mindfulness apps e.g. Calm and Smiling Mind.
- Manage my time so that I have time to enjoy my child.
- Schedule time to be alone.
- Get exercise.
- Eat healthy.
- Get enough sleep.
- Take breaks when you can.
- Play games that are soothing to both of us e.g. coloring, Legos.
- Practice mindfulness.
- Spend time in nature.
- Have a warm drink.
- Take a shower.
- Schedule regular date nights or time with other adults.
- Learn new skills.
- Watch or listen to entertainment.
- Have an outlet for creativity.
- Take time for hobbies.
- Write in a gratitude journal.
- Volunteer/contribute to causes that are important to you.
- Post or read social media.
- Change it up.

NOTES:

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