



Pointers, Tidbits & Resources



April 2024



What is Conflict?

Conflict is a word used to describe when people aren't getting along or when there is a problem between two or more people. Conflicts can happen at home, at school or out in a public place, like the park, the grocery store or the library.

Reframing the Concept of Conflict...

Is conflict good or bad? Often times we ask our elementary school students this question and almost 100% of the time the answer is, it's "bad". In reality, conflict is a normal part of life for both children and adults and does not have to be a negative experience.

When conflict is perceived as an opportunity for growth, empathy, awareness, insight, understanding, and compromise (where appropriate) it can lead to strengthened relationships and positive outcomes. The more skilled our children become at handling and navigating conflicts, the more prepared they will be for all of life's challenges in the future.

How can we help our students learn the best strategies?

1. Give your child some special time each day: 20 minutes of positive adult attention per day can reduce children's aggressive behavior.
2. Praise your child for doing well, rather than reprimanding when mistakes are made.
3. Teach your child to recognize the feelings of others. When children learn to recognize what someone else is feeling, they are better able to respond appropriately.
4. Use positive methods to discipline your child. Avoid yelling or using physical punishment. Through your example, your child will see that force is not the best or only choice.

Community Resource

The Counseling Center of Wayne + Holmes Counties
2285 Benden Dr.
Wooster, OH 44691
330-264-9029

- 24 hour crisis team
- Locations: Rittman, Wadsworth, Wooster + Orrville
- Individual/couples/family therapy
- Intensive home based services
- Case management services
- Adult + child psychiatry

Contact Me

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