



Coping Skills and Conflict Management

HELPING YOUR CHILD UNDERSTAND AND MANAGE DIFFICULT EMOTIONS

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Thank You!

Topic Overview

At this session, you will learn:

- ▶ Brain science behind strong emotions
- ▶ Self-regulation practices and Mindfulness
- ▶ Strategies for compassionate communication
- ▶ Steps for managing relationship conflict
- ▶ Additional Resources



Brain Science

Why do we lose
CONTROL
of our
emotions?



Understanding Emotions

- ▶ Research shows that simply naming an emotion activates the brain's ability to move the function from the amygdala to the prefrontal cortex; From emotional reaction to critical thought. This is the first step in the process of self-regulation.
- ▶ In effect, assessing and naming an emotion seems to transform the emotion into an object of scrutiny, thereby disrupting its raw intensity.
- ▶ Training oneself to use "I feel..." statements as a standardized procedure upon recognizing the body signals of a strong emotion helps to more quickly engage self-regulation.



HAPPY



GRUMPY



SURPRISED



FRUSTRATED



CONTENT



ANGRY



SAD



CONCERNED



WORRIED



OVERWHELMED



HESITANT



ENVOUS

NAME IT TO TAME IT



Self-Regulation Practices

Calming Practice

ALLOW YOUR EMOTIONS

- All feelings are okay!
 - When a strong feeling arises, observe it.
Pause and take a breath.
 - When frustration arises, use the helpful practice **S.T.O.P.**
- S-** Stop what you are doing
 - T-** Take a few deep breaths
 - O-** Observe your thoughts and feelings as they are
 - P-** Proceed with whatever you were doing before

5 Steps to Calm and Centered

(Even When Your Child is Out of Control)

Observe
your child's emotions with an open-heart. See their smallness and how the emotions are bigger than they are.



Get Centered
Your emotions are separate from your child's. Root yourself to the earth and engage your core. Say your mantra. Ride this wave Mama!



Acknowledge
Connect
Teach!



Have a Plan
Build up your parenting toolbox so you have a plan on how to help your child regulate.



Take Care of Yourself
You cannot pour from an empty cup. Live in the moment. Find ways to take breaks and savor, even with the kids around.



Don't be Perfect
It's impossible! Know what to do when you do lose it. Own it. Apologize, and Identify.



Ashley Soderlund Ph.D.

For more on how to implement this guide visit NurtureandThriveBlog.com





Calming Methods

- ▶ Take deep breaths
- ▶ Use manipulative such as Play-Doh or putty
- ▶ Eat a healthy snack
- ▶ Practice positive self-talk
- ▶ Blow bubbles
- ▶ Listen to Music
- ▶ Take a walk
- ▶ Get a drink of water
- ▶ Draw or journal
- ▶ Exercise or participate in heavy lifting
- ▶ Visualize "happy place"

Take Five Breathing



The **ZONES** of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

BLUE ZONE

- talk to a friend
- listen to music
- ask for a hug
- go for a walk
- make a list of what makes you happy

GREEN ZONE

- listen to instructions
- work hard
- help a friend
- try your best
- give someone a compliment

YELLOW ZONE

- talk to a friend or adult
- go for a walk
- get a drink
- practice positive self talk

RED ZONE

- count backwards from 10
- take deep breaths
- talk to adult
- play outside
- think happy

Mindfulness Practices

What is Mindfulness?

- ▶ Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.
- ▶ Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

Mindful



Childrens MD MOM DOCS
HELPING MOMS ON THE GO

Calm Down Corner at Home & School

The Purpose

- A place for emotionally escalated children to go to calm down
- Upset feelings cause an "amygdala hijack" and the fight, flight or freeze response kicks in
- This limits the access to our thinking brain
- The goal is to shift the mind from the upset
- To calm down to be able to engage our thinking part of the brain

Components of a Calm Down Corner

Comfort:

- Comfortable place to sit: pillows, cushions, blankets

Sensory:

- I spy container
- Essential oils
- Bubbles or Pinwheel
- Bubble wrap to pop or paper to rip

Calm:

- Glitter jars
- Something for drawing, scribbling, etc
- Small stuffed animal, toy cars
- Small book

After They are Calm

- Let child know that their behavior was not acceptable
- Teach coping skills
- Role Play
- Teach how to notice signs of upset
- Time In - "coach" the child

GOAL:

To teach coping skills to children, because their brains are still developing. Help to be their thinking brain that helps them return to calm.



Communication Skills



Modeling Compassionate Communication

Communication Steps

1. Listen
 - ▶ Intently, without forming comeback, calmly
2. Process what you have heard
 - ▶ Using empathy, understanding
3. Restate for clarification
 - ▶ “What I hear you saying is...”
4. Wait
 - ▶ Check your body language and tone, take a breath
5. Respond
 - ▶ Calmly, deliver your formulated point of view



Conflict Management

1. Cool Off



Social Emotional
Workshop

Before you can problem solve, you need to be calm. Use one of these cool down strategies or one that works for you.

- Deep Breaths
- Take a Walk
- Get a Drink of Water
- 5 Minute Drawing
- Self-Talk
- Mindful Minute

Conflict Resolution in Practice

STEP 1

2. Share, Listen, Check

First, one person shares. The other person listens and then checks they understood. Next, the other person shares. The first person listens and checks they understood.

Social Emotional
Workshop

Share



Share what you think happened or what is upsetting you. Use an I-Message.

I feel _____ when _____ because _____.

Check



When the other person is talking, you are listening. Try to hear what they are saying and understand their feelings.

Listen



"I think I heard you say you feel ..."

"so you want me to ..."

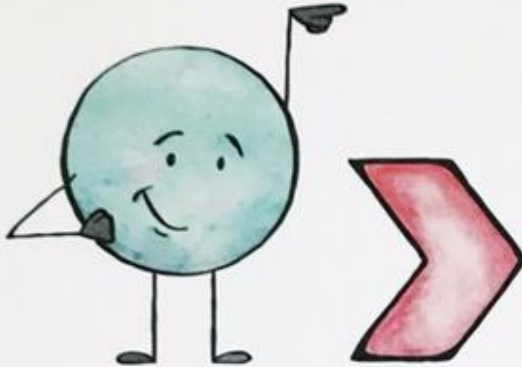
Check you understood by rephrasing or summarizing what the person said.

Conflict Resolution in Practice

STEP 2

3. Take Responsibility

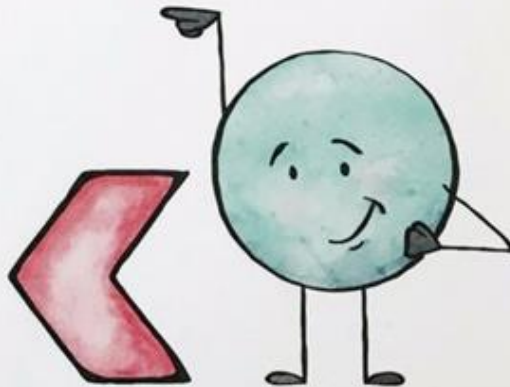
Social Emotional
Workshop



Usually, both people involved in a conflict have some degree of responsibility.

Think about how you may have contributed to the conflict.

“Sometimes, I expect Todd to only play with me. That isn’t fair. Todd likes to play with other people too.”



Conflict Resolution in Practice

STEP 3

4. Brainstorm Solutions

What are 3-5 **solutions** to the **problem**? Does the solution consider how each person feels or what each person needs?



Do you have any ideas about how you might solve this problem?

Remember what each person shared about how they felt and why.

Conflict Resolution in Practice

STEP 4

5. Choose a Solution

What solution works best for both people?

What solution is likely to stop the conflict from happening again?

Be ready to compromise.



Conflict Resolution in Practice

STEP 5

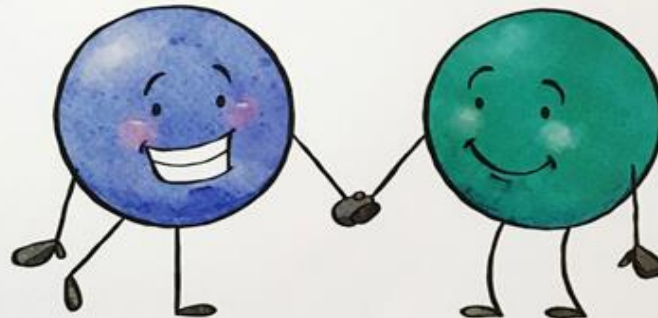
6. Affirm, Forgive, or Thank

Affirm - End the agreement with a handshake, hug, or kind word.

Forgive - If you want, you can forgive the person for their previous mistakes.

Thank - Thank the person for working this problem out with you.

**“Thanks for talking
this out with me.”**



Conflict Resolution in Practice

STEP 6



Resources

Resources

1. Amazon suggested list of books for self- regulation

<https://www.amazon.com/shop/influencer-4c762b02?linkCode=w61&imprToken=FqZPwDiM3viKsGUx4VNDCA&slotNum=1&listId=2YVY2JQH4EYY1>

2. Emotions are powerful: they can either overwhelm you or become your best friend. This set of activities was created in partnership with Yale University's Center for Emotional Intelligence.

<https://ideas.classdojo.com/b/mindfulness>

3. Calm Down Corner

<https://afineparent.com/positive-parenting-faq/calm-down-corner.html>

4. Labeling Emotions

[http://dana.org/BrainWork/2013/When Labeling an Emotion Quiets It/](http://dana.org/BrainWork/2013/When_Labeling_an_Emotion_Quiets_It/)

5. Calm Down Strategies and mini book

<http://themommyview.viewsfromastepstool.com/index.php/2017/04/03/calm-down-anywhere/>

Resources

6. Videos

<http://www.mindfulmemorykeeping.com/6-sweet-mindfulness-videos-for-young-kids/>

7. Calm Down Cards

<https://www.andnextcomesl.com/2016/04/free-printable-visual-calm-down-strategies-for-kids.html>

8. Strategies to deal with strong emotions

<https://www.facebook.com/officialgoodful/videos/2036407383347823/>

9. Conscious Discipline Videos Coaching Kids through Feelings

<https://consciousdiscipline.com/video-categories/managing-emotional-mayhem-conscious-comedy-skits/>

10. Heavy work Activities

<https://www.growinghandsonkids.com/25-heavy-work-activities-home.html>

Resources

11. Helping manage big emotions

<https://childhood101.com/helping-children-manage-big-emotions/>

12. Mindfulness apps for kids

<https://childhood101.com/mindfulness-for-kids>

13. Amazon suggested list of books for Mindfulness

<https://www.amazon.com/ideas/amzn1.account.AF4OVVOYMKHU76RR6AEBQIHJF5DA/23H5L1VBWNMKY>

14. 30 Games and activities for self-regulation

<https://theinspiredtreehouse.com/self-regulation/>

15. Building Resilience in Children

<https://www.heysigmund.com/building-resilience-children/>