

Friend to Friend Parent Workshop

Helping Children Handle Peer Conflict



Steps for Helping Your Child with Peer Conflict

Step 1: Listen to your child – ask what happened and don't interrupt

Allow your child to tell you what happened to him or her and refrain from rushing him or her to tell you the story because it can distress the child even more than her or she may already feel.

Step 2: Validate your child's feelings – let them know his or her feelings are okay

While your child's behavior may have been bad, his or her feelings are his or her own – those are not bad.

Step 3: Offer love and support – “I care about you, and I will help you figure this out.”

This helps children feel safe and heard from their caregivers.

Step 4: When the time is right, you can correct your child or teach him or her some strategies

As caregivers, children look to you for help when problems occur. This step is a chance to correct your child on how he or she responded to the conflict and use positive strategies you may know to help.