**Conflict Resolution...** what it means, why it's important and how can we work through our conflict peacefully?  Below are many ways that you can help your child learn about conflict resolution through reading about it, talking about it and practicing it!

Read about it:  Here are some books to help you learn more about conflict resolution.

* *Matthew and Tilly* by Rebecca Jones
* *Let's Be Enemies* by Janice May Urdy
* *Bubble Trouble* by Tom Percival
* *Pink Tiara Cookies for Three* by Maria Dismondy

  Practice it:  To help your child use healthy conflict resolution, role play it together!  Act out conflicts that your child has had in the past or may face.  Work together to come up with healthy ways to handle the conflict.  Act out the conflict and have your child role play a positive way to resolve it.

 Talk about it:  Here are some discussion points to help you talk about conflict resolution with your child:

1. What does conflict resolution mean?
2. Why is important to resolve conflicts peacefully?
3. Do you have a lot of conflict in your friendships?  Why or why not?
4. Do you like the way you handle the conflicts you have?
5. What can you do if you disagree with your friends?
6. What can you do if your friends are not treating you with respect?

Conflict Resolution strategies:

* Find a Win-Win
* Take turns or share
* Ask the person to STOP
* use and "I" statement
* Ignore it
* Talk calmly to the other person