



FAMILY COMMUNICATION

Managing Family Conflict.



LESSON PLAN: Managing Family Conflict

WELCOME TO THE LESSON: MANAGING FAMILY CONFLICT!

You've completed the first step in our **Pick. Watch. Enhance.** model and selected the topic "**Managing Family Conflict Constructively.**" This is a wonderful choice! In this lesson, you'll learn how to reduce family stress by resolving conflicts with empathy and respectful communication. These strategies will help you create a more peaceful and connected family environment.

This lesson focuses on:

- Understanding the causes of family conflicts.
- Learning steps to manage conflicts constructively.
- Modeling respectful behavior to guide your children.

PAUSE AND PREPARE.

Before diving into **Step 2: Watch**, take a moment to center yourself and set a positive intention for this lesson. Reflecting on the following questions will help you approach the topic with clarity and purpose:

- How do you usually feel when conflicts arise in your family, and what do you hope to learn about managing them better?
- What emotions do you notice in yourself and your family members during disagreements? (e.g., frustration, sadness, anger, indifference)
- What gentle strategies, if any, have you tried in the past to navigate conflicts positively?
- How comfortable do you feel guiding your children in resolving their conflicts with kindness and respect?

- Can you share a recent family conflict? How did you feel during that situation, and what was the outcome?

Take a deep breath, consider your answers, and hold them in your mind as you move forward.

STEP 2 - WATCH.

This step includes three short micro-videos that introduce key concepts and skills. Each video builds on the last, so make sure to watch them in the listed order. Click on the video titles below to watch:

1. Finding Peace Together: The Gift of Conflict Resolution

- Learn how conflict resolution can bring your family closer and why it's a valuable skill for everyone to develop.

2. Steps for Managing Conflict

- Discover practical steps to handle disagreements constructively, including staying calm, addressing the issue, and finding a compromise.

3. Gentle Guidance: Encouraging Children to Resolve Conflicts Respectfully

- Explore ways to guide your children in resolving their conflicts with empathy and respect, helping them build lifelong skills.

As you watch, think about how these strategies relate to your family's experiences with conflict and how they can help improve your approach. After finishing the videos, you'll move on to **Step 3: Enhance**, where you'll have the opportunity to practice and deepen what you've learned.

STEP 3 – ENHANCE.

Now that you've completed the videos, it's time to take your learning further with our simple worksheets and tools. These resources are designed to deepen your understanding and bring your family closer together.

For this lesson, we've created the following resources to help you practice and enhance conflict management within your family. Click on the resource titles below to download them. Each resource is formatted so they can be easily saved to your computer OR printed for your convenience.

- **6 Ways to Teach Empathy to Your Children**

- Discover practical ways to foster empathy in your children, helping them better understand and respect others during conflicts.

- **Family Meetings Worksheet**

- Use this tool to plan and host a productive family meeting, where everyone can discuss conflicts openly and work toward shared solutions.

- **13 Time Management Tips for First-Time Parents**

- Learn valuable strategies for managing time effectively, reducing stress, and creating more opportunities for meaningful family interactions.

REFLECTION.

Before wrapping up, take a moment to reflect on what you've learned and how it applies to your family:

- In what ways has your understanding of managing family conflicts grown since watching the videos?
- How have your feelings during family conflicts changed as you've learned new ways to approach them? (Not at all, A little, Somewhat, A lot)
- What new nurturing strategies have you embraced to help your family navigate conflicts more peacefully?
- How confident do you feel in guiding your children to resolve conflicts with empathy and respect? (Not confident, Somewhat confident, Very confident)
- Can you share a recent family conflict where you applied what you learned? How did it feel to approach it differently?

Reflecting on these questions will help solidify your learning and identify areas to continue practicing.

WHAT'S NEXT?

Congratulations on completing this lesson! By managing family conflict constructively, you're fostering a more peaceful, understanding, and connected home environment. When you're ready to continue:

- Explore other lessons in the **Family Communication Center** to further build your communication skills.
- Revisit this lesson anytime to refresh your understanding or practice the activities again.

Keep up the great work! Every step you take strengthens the bonds within your family.

