

Building Relationship Through Conflict

When navigating conflict with your kids, remember these important truths:

- Conflict is essential to growth.
- Healthy relationships are strengthened through a process of relationship, rupture and repair.
- If the cycle stalls out at rupture (without repair), the relationship breaks down.
- It is essential to problem solve and reconnect after experiencing upset, thus the “Balance” in “Breathe, Buddy, Book, Balance” from The Feeling Buddies Toolkit.

Identify where you and your child are at in this relationship cycle.
Be intentional about *completing* the cycle.



Relationship

You and your child are in relationship.



Rupture

There is a conflict or upset.



Repair

You resolve the issue and repair the relationship through meaningful connection.

Tools That Boost Connection

Research shows that optimal activities for connection involve eye contact, touch, presence and playfulness. *I Love You Rituals* by Dr. Becky Bailey are designed around these factors; however, any meaningful connection will be helpful toward repairing the relationship.

See an example of an *I Love You Ritual* here:
FeelingBuddies.com/ILUR