

3 Easy Steps to Resolving Family Conflict

1. When the family is calm, decide on a code word (a word that isn't often used from day to day). This word will be used when things get too heated in the family or someone is getting agitated. Anyone is allowed to use this code word – not just parents! – to tell the group you all need a break.
2. Also decide where everyone will go and what you will do to calm down after the code word is used. For example, everyone goes to their rooms and does 5 minutes of a quiet activity (like coloring, reading, or deep breathing).
3. After taking a break from the conflict, come back together and try it again. It doesn't have to be after the 5 minute calming break, but sometime that day or evening is preferred. Don't avoid the conflict, just take a break when the conversation isn't going anywhere good, and try it again when everyone is calm!

