

HELPING OUR CHILDREN WITH DIFFICULT CONFLICTS:

Have a family meeting & explain the purpose of the meeting:

- "There's a situation in our home that needs attention from all of us. We need to see together how we can work through this. So we are going to have a family meeting this week..."

Explain how the meeting will be taking place:

- "We are getting together to help Jamie feel better in our home. We are first going to hear what she has to say. Then, we will all listen & each have a turn to speak. We are not going to interrupt each other. If you feel you will forget what you have to say, you can write it down on paper. I will also be taking notes."

Write down each child's concerns & feelings. Then, read them out loud to be sure we got everything right.

Allow each child time for rebuttal.

Invite everyone to suggest as many solutions as possible. Then, write down all the solutions.

Decide together which solutions everyone can live with & is okay with.

Follow up.