

THE Counseling CONNECTION

Allen Elementary School

Beth West, bethany.west@cvesd.org 619-479-3662 website: [Ms. West's School Counseling Website \(educatorpages.com\)](#)

Happy September, Everyone!

Now that we are in full swing here at Allen ES, I want to bring your attention to an issue I am seeing play out with students when they are interacting with each other out on the playground and during lunch. Students are having disagreements with each other and are immediately seeing the person they are disagreeing with as a bully. I would like to help educate not only our students about the difference, but families as well to help reinforce that as we are getting used to being back in school and having to interact personally with each other, we will have disagreements, but really think before labeling the other person as a bully. Many issues can be handled by working through a conflict and being mindful of our words and actions. I statements and other assertive language help point out how actions and words make us feel and sharing what needs to be fixed is helpful. Helping your student develop mindfulness skills can also help prevent conflicts as it improves their ability to focus their attention and respond with more thoughtful reactions. Being mindful can help students decide if an issue is a conflict or an example of bullying.

“Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.”
– Victor Frankl

Resources for Bullying Versus Conflict

[What Is the Difference Between Conflict and Bullying? | Psychology Today](#)
[Questions Answered - National Bullying Prevention Center \(pac.org\)](#)

September's Focus:
Being Mindful of
Ourselves
& Others





Mediating Conflict Resolution with Children

Conflict can be a confusing and frustrating time for parents and children alike. As a parent, you can help make sure that conflicts are resolved efficiently and within a certain time frame to maintain good relationships. Conflict-resolution skills in children are also important for teamwork tasks at school, and in their extracurricular activities as well. By working on a mediation plan and helping your child resolve conflicts with both their siblings and peers, you'll be able to encourage them to develop a healthy sense of conflict resolution that will serve them well long into the future.

If Your Child has been in a Fight, Resolve it Quickly

Because children are so deeply effected by the words of their peers, serious arguments and fights are commonplace among them. Whether it was a trivial or a serious dispute, always remember that an open line of communication is a good route to take. Don't be overly angry, but don't be too subdued, either. Let your child know that their behavior was unacceptable, and that they must do anything they can to repair the damage they have caused. If they refuse to cooperate, then you might have to engage in a disciplinary action to get your message across clearly and firmly. This is where the real parenting comes in. Unless a child understands the gravity of conflict, they will never learn how

to resolve it with their words, which are always better than fists.

Your stance on matters such as these, especially anytime the fighting has become serious, must be clear and firm while at the same time understanding and gentle.

Have a Family Meeting if the Problems Are Internal

If your children are having issues among each other (or with you), it is imperative that you keep the lines of communication open. Don't pick sides or, if the fight involves you, don't grow angry or frustrated at a child's opinion. Calmly explain to all parties involved that there are better ways to resolve these issues, and try to come to agreement among your family members.

REMEMBER:

- Encourage your child to bring their feelings and disputes to you before they take any sort of action they may regret.
- Always try to have this discussion whenever a problem is persistent. Don't just grow frustrated because it continues to happen.
- Conflict resolution takes time to develop, so keep at it!