

## CONFLICT RESOLUTION

### What is this developmental skill?

Conflict resolution is the ability to manage disagreements respectfully by communicating feelings, listening to others, solving problems, compromising, and repairing relationships.

### How does this normally develop?

Children learn conflict resolution when adults help them navigate disagreements rather than solving every problem for them. Through coaching, they gradually learn to identify feelings, express needs, negotiate solutions, and repair relationships after conflict.

### How can neglect interfere with its development?

Children exposed to neglect often receive little guidance during conflicts. They may learn that disagreements end in withdrawal, aggression, or emotional disconnection instead of collaborative problem-solving.

### What might this look like?

A child may:

- Become aggressive during disagreements.
- Completely withdraw from conflict.
- Have frequent arguments with peers.
- Blame others automatically.
- Struggle to apologize or forgive.
- Escalate small disagreements into larger problems.
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### Parenting Implications

Caregivers can remain calm during conflicts and model respectful communication, helping children practice identifying problems, considering solutions, and repairing relationships afterward.

### From Understanding to Attunement

Conflict is an opportunity for learning, not failure. Each disagreement provides a chance to strengthen emotional regulation, communication, and relationship skills.