

Dear Families/Caregivers,

When two or more people get together, there is potential for conflict. Conflict is a problem between two people. It is important to teach students how to resolve conflicts in a way that reconnects them to others.

We learned that most problems can be handled by sharing, taking turns, ignoring it, talking it out, walking away, or apologizing. We also learned how to use constructive strategies for communicating our perspective in conflict. To do this, we use I-messages, where you:

- State the Specific Behavior.
- Name Your Feeling.
- Explain Your Feeling.
- State What You Would Like to Happen.

Here are a few things you can do with your child to help him or her learn how to communicate his or her perspective through conflict using I-Messages.

- Read a book or watch a TV show with your child where the characters have a conflict. Talk about the way the characters resolved their conflict. Notice how the main character communicates that conflict. If the character does not use I-Messages, ask how I-Messages could have helped to resolve that conflict.
- When your child is faced with a conflict with a sibling, cousin, or friend, encourage him or her to use I-Messages to solve the problem.
- When you or your child experience conflict, model using I-Messages to express your feelings and encourage your child to do the same.

Sincerely,

Your Child's Teacher