



Life Skills Training

Dear Family,

Sometimes people don't agree and they can fall out with each other. Today in class we talked about how to handle conflict. The children learnt about different ways to handle conflict and which are better than others in getting good outcomes.

Teaching students about conflict styles and conflict outcomes will help them in a few important ways. Young people who know how to cope with conflicts find it easier to get out of risky situations. If children can assess whether the outcomes of a conflict will be positive or negative, they can make a more informed choice about how to react. As your children grow up, they develop habits about how they tend to deal with conflicts. It is important to teach them the appropriate ways to deal with conflict at an early age.

There are things that families can do to help their children develop these skills. Encourage your child to think of the outcomes of a conflict before acting in a confronting or aggressive way. Children also learn from their carers' behaviour. Practice makes perfect. The more opportunities your child has to deal with conflict in an appropriate way, the more likely he/she will be able to react appropriately when you're not around.

If you would like some more information or have any comments about what we're doing, please let me know – you can get a message to me through the school office and I'll give you a call.

Best wishes,