

# Life

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## **Skills Training**

Promoting Health and Personal Development

Dear Family:

Today in class your child studied social skills. The class identified the concept of conflict resolution. They also discussed different types of conflict styles and conflict outcomes. You might want to ask your child about what he/she learned in school.

Teaching students about conflict styles and conflict outcomes will help them in a few important ways. If students know how to cope with conflicts, it will be easier for them to get out of risky situations. In addition, 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 mature, they begin to develop habitual ways of dealing with conflicts. It is important to teach them the appropriate ways to deal with conflict at an early age.

You can help your child develop his/her conflict-resolution skills. Encourage your child to think of the outcomes of a conflict before acting in a confronting manner. Children also learn from their parents' behavior. Engage your child in helping to evaluate and assess any conflict in the family or neighborhood. 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.

Thank you for your help.

Sincerely,