

Conflict Resolution with Middle School Children

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~ *HRS is a private, non-profit mental health agency serving families and children in Wellesley, Weston, and Wayland. Its mission is to heal lives and strengthen the communities: to treat, reduce, and prevent mental illness and to support the well-being of children, families, and institutions in our towns.*

Developmental Frame

- Advances in development in middle school
- Improved self-regulation Internalization of the conscience and related advanced in moral development
- Advances in reality testing and cognitive development
 - Can begin to conceptualize and worry about things around them; begin to question rules, authority, etc. in new ways and to understand power dynamics
- Increased ability to substitute thinking, words, and fantasy for impulsive actions
- Increasing peer orientation

Conflict Resolution

- Helping Your Child Deal with Their Feelings
- Engaging your Child's Willing Cooperation
- Alternatives to Punishment that Promote Self-Discipline
- Encouraging Autonomy
- Understanding the Difference Between Unhelpful and Helpful Praise
- Resolving Family Conflicts Peacefully/Freeing Children from Playing Roles

Book Recommendations

- * *Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated*, Anthony E Wolf
- * *Keeping Your Child in Mind: Overcoming Defiance, Tantrums, and Other Everyday Behavior Problems by Seeing the World Through Your Child's Eyes*, Claudia Gold
- * *How to Talk So Your Kids Will Listen and Listen So Kids Will Talk*, Adele Faber and Elaine Mazlish