

PARENTS PODCAST



Main Ideas

Your tension on top of your kid's tension just creates compounded tension.

You don't always have to jump in right away. Leave space for your kids to try and work the conflict out amongst themselves first.

Anytime a conflict between your kids gets physical, they need help.

It's easy to use guilt as a tool in dealing with conflict. It's harder, but always leads to something better, when we work towards honesty.

Learning how to give and take reduces conflict overall. Lead your kids to express their desire for a compromise.



Discussion Questions

Talk about a time when you unintentionally compounded the tension in a given situation. How did you feel afterwards? What did you learn about yourself through that experience? What did you learn about your kids?

Share one way you can promote honesty the next time you are dealing with a conflict.

How can you practice compromise in your home this week?



Three Tips

“I didn't mean to ...” vs. “I'm sorry.”

You do not have to force your kids to say sorry when they really aren't. Help them get to the root of their behavior by allowing them to vocalize whether they did what they did intentionally or unintentionally. If it was intentional, deal with the anger separately.

Honesty is the best policy.

When we take time to determine the motivation behind a behavior, it helps us promote honesty over guilt. We want to hear where our kids really are and help them develop good conflict management skills instead of inadvertently reinforcing a guilt-triggered response to conflict.

Compromise vs. Conflict

Learning give and take (compromise) now, will reduce conflict later. But we have to be willing to do the work of creating space for our kids to express their desire for a different outcome, whether that be with a sibling or with us.



Next Steps & Resources

Join the Life.Church Parent's Facebook group!

If you enjoyed this episode, stay tuned! This is just part one of an incredible series with Amy Newberry.

Don't do this alone! Engage in biblical community by joining a Life Group and working through these questions together! You can find a group near you at go2.lc/lifegroups.