





# 10 WAYS TO STOP FIGHTS BEFORE THEY START


- **01. Set Clear Expectations**


Remind your kids of the house rules before play begins.

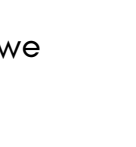
Involve your kids in deciding what to play.
- **02. Plan Activities Together**


Celebrate Moments of cooperation.
- **03. Praise Team Work**


Ensure your kids are well fed and rested.
- **04. Create a Calm Environment**


Encourage "I feel" statement.
- **05. Teach Them to Share Feelings**

Separate kids briefly to cool down.
- **06. Take Breaks When Needed**

Ask, "How can we solve this together?"
- **07. Encourage Problem Solving**

Dont assign roles like "troublemaker" or "Instigator"
- **08. Avoid Labels**

Reward good behaviors consistently.
- **09. Use Positive Reinforcement**

Show how to solve conflicts calmly.
- **10. Model Healthy Communication**