

## Conflicts

### New situations - getting along at home

Dear parents, you are now at home in a completely new situation with new tasks and challenges. Even if you try to support your children as much as possible in their learning efforts, learning for school is not all that matters right now.

In these times we are all stressed out, many more than usual: We spend most of our time at home and have to get along with each other in a confined space. This is not always easy.

You may safely assume that there may be more conflicts in the coming weeks due to the current situation. This is quite understandable. On the following pages you will learn how to get along well at home in view of the situation.

The Federal Office for Civil Protection and Disaster Relief has written the handbook "COVID-19: Tips for parents":

[https://www.bundesgesundheitsministerium.de/fileadmin/Dateien/3\\_Downloads/C/Coronavirus/Handouts\\_COVID-19\\_Tips\\_for\\_Parents.pdf](https://www.bundesgesundheitsministerium.de/fileadmin/Dateien/3_Downloads/C/Coronavirus/Handouts_COVID-19_Tips_for_Parents.pdf)

If you need additional support, please use our offers for consultation and advice in the "Support" file.

### Take a deep breath - How can you prevent stress and conflicts?

Here are some tips for you as parents that have proven their worth in difficult situations:

- Show your child your unconditional love and give him/her the feeling of security and safety.
- Talk to your child openly, but age-appropriate about Corona, without creating fear.
- Try to stay calm. The calmer you are, the better you can make decisions and find solutions. It also makes you a role model for your children, who often become calmer as a result.
- Listen to each other and try to understand the need of your child and to see the conflict from the perspective of the other person.
- Critical words should refer to a concrete action, so not "You are so annoying!" but instead "What you are *doing* right now bothers me".
- Do not take provocations personally and do not get into them.
- Spend time with your child consciously: watching films together, cooking, reading aloud (or having it read), playing sports together, playing games, telling jokes ... anything that is fun, that makes you laugh.

## Formulate consciously - How do you talk to your child?

Here are a few tips for you as parents that have proven their worth in difficult situations.

- Take your child's statements seriously. Do not play down your child's perception. Show understanding.
- Let your child finish what it has to say.
- Use "I" messages.
- Stay calm. Avoid dramatizing.
- Before you might misinterpret something in the heat of the moment, give back what you have understood and ask your child if you have understood it correctly.
- Apologize to your child if you think you've hurt him or her. It's the only way your child will learn to do it himself.
- Critical words should refer to a concrete action, so not "You're so annoying!" but "What you're doing right now bothers me".

Remember to relax the situation: praise is often more helpful than criticism.

- "You did a wonderful job!"
- "I think it's nice that you're trying to figure it out for yourself."
- "Oh, that looks good!"
- "I stand by you."
- "You are important!"
- "You can decide that for yourself."
- "It's good to have you here."
- "I'm proud of you."

Source: "Hilfe, mein Kind pubertiert" [*Help, my child is going through puberty!*], Aktion Jugendschutz, Landesarbeitsstelle Bayern e. V.

## In moderation - conscious use of media

In the brochures and links attached here you will find helpful tips on how to deal with media in the family.

Keep in mind that in the current situation, your kids can't meet their friends in person and they probably want to use more PC, smartphone or tablet to keep in touch.

In addition, the possibilities for leisure activities are currently limited; this too can lead to more discussions in the family about media use. It is important that the amount of time is agreed upon.

- *Watch and listening well - tips for parents on the topic of "Media use in the family" (BzgA)*
- *The Internet Guide for Kids (German Children's Support Network)*
- *Internet literacy for parents - Keeping children safe online, Parents' guide (klicksafe)*
- *Being online with moderation and fun - Parents' guide to the correct use of digital media (BzgA, ins-netz-gehen.de )*
- ***Spieleratgeber-NRW.de*** (If you want to learn more about assessing the risks of games your child plays)
- ***<https://www.klicksafe.de/eltern/elternfragen-konkret/>***