

SQHS Parent Night: Whatcom Dispute Resolution Center



KEEP CALM & PARENT ON:
NAVIGATING THE TEEN YEARS

EMILY MACHIN-MAYES

OUR SERVICES



Conflict Intervention

We provide **mediation, facilitation, restorative justice practices & conflict coaching.**



Conflict Prevention

We offer a variety of **adult & youth workshops.**



Whatcom Dispute Resolution Center



Common causes of family conflict?
OR the hardest part about family/sibling conflict?

What qualities and skills resolve conflict?



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Considerations for Human Development

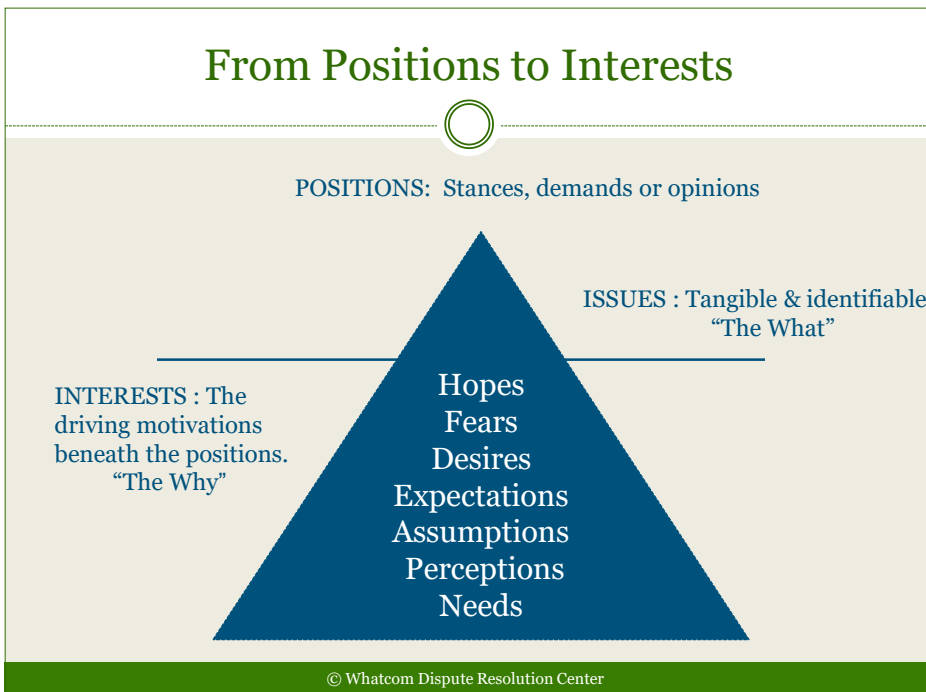
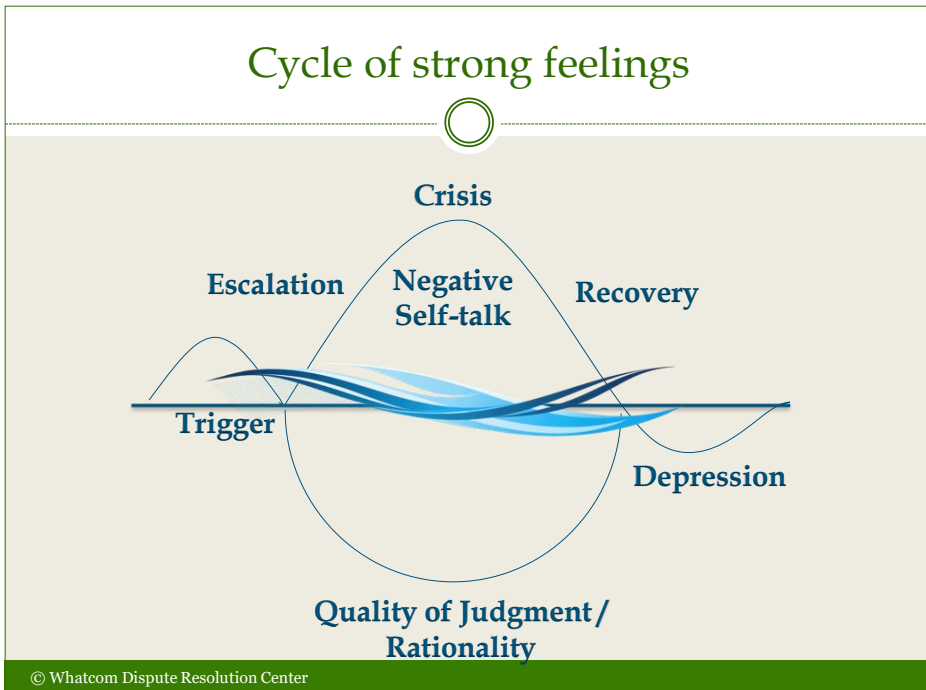


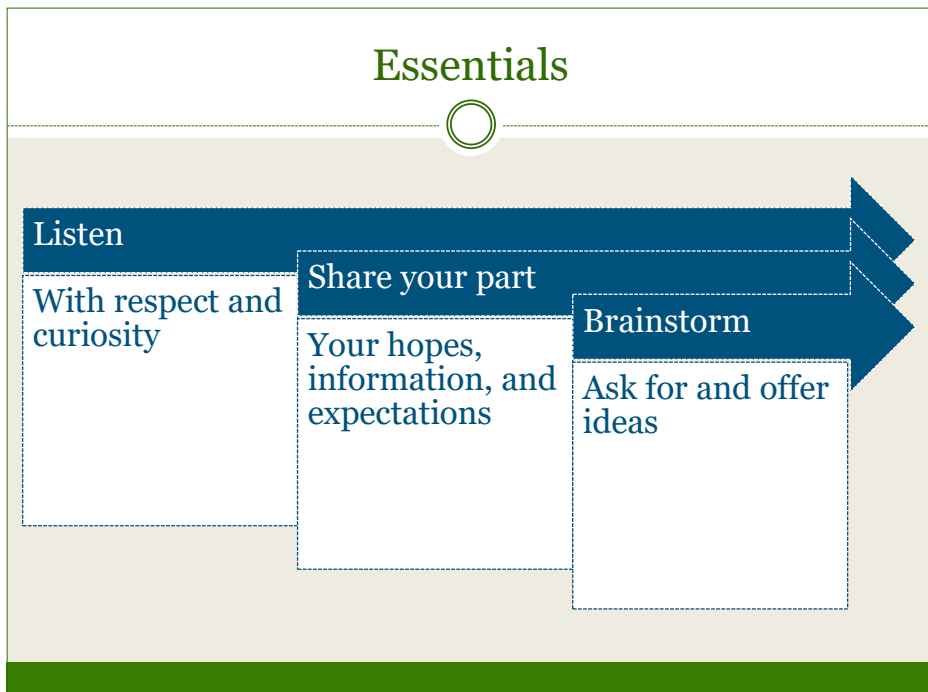
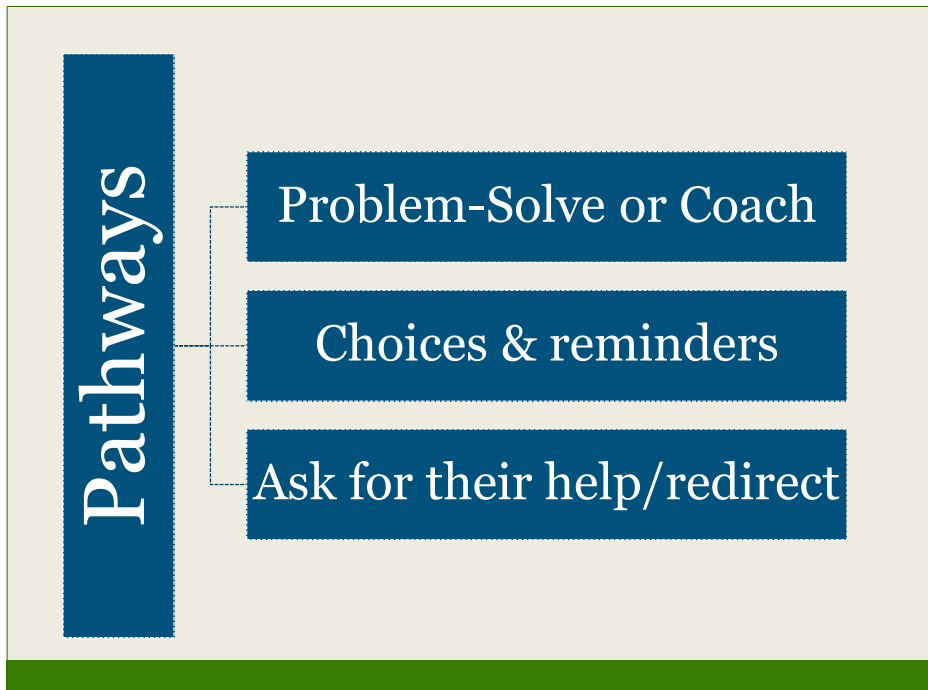
- Empathy and understanding other's feelings
- Strong sense of justice & loyalty
- Needs for structure, routine and choice
- Brain development
 - ✦ frontal lobe takes time!
 - ✦ Sleep schedule changes
 - ✦ Connections strengthen and become more efficient
- Identity development, exploration and questioning
- Self expression, passion & creativity

Keep in Mind



- Research shows by and large, kids & teens love and respect their parents
- The resonance of a disagreement often lasts longer for parents than it does for young people
- Short, frequent conflicts between parents and children and sibling to sibling are typical and help young people gain important skills





Favorite Coaching Questions & Reminders



- On a scale of 1-10, how are you feeling right now?
- What have you tried so far?
- What do you think the other person wants?
- Do you think they'd agree to...?
- What am I missing?
- It sounds like you're hoping for things to change
- I want to be able to trust you & not hover, in order to do that I need to know...
- I love you and its ok to feel...

Other helpful things



- Acts of care, affection and connection
- Change of scenery
- Ask the calmer child to step away
- Discuss how fictional families handle conflict
- Encourage movement
- Music & humor

Successes or strategies?



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Upcoming Trainings:



Understanding Conflict 6 hour

- February 9th & 16th, 9 AM-12 PM, \$75
www.whatcomdrc.org/conflict-resolution-training

Free Youth Workshops! (designed for ages 8-12)

- Dec 17th 5:30-6:15 – Strategies for Stress & Frustration
www.whatcomdrc.org/youth

Learn more: whatcomdrc.org
education and events tabs and on Facebook.



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Upcoming

Our Mission, Vision, and Values

The mission of the WDRC is to provide and promote constructive and collaborative approaches to conflict.

The vision of the WDRC is for Whatcom County to be a community in which people approach conflict in creative and healthy ways.

The WDRC values impartiality, accessibility, empowerment, collaboration, communication, and integrity.



WATCH OUR VIDEO, CREATED BY CURRENT MEDIA PRODUCTIONS FOR MORE INFORMATION ABOUT THE WDRC'S HISTORY, SERVICES, & VISION

What We Do

The WDRC offers conflict prevention and intervention services for businesses, organizations, individuals, and families. On a prevention level, the WDRC seeks to build the capacity of community members to better manage conflict as it arises, and to learn ways to minimize the possibility of it occurring. To this end, the WDRC offers training for adults and youth, all in an effort to build skills and reduce unproductive conflict.



WATCH THE WDRC'S EXECUTIVE DIRECTOR, MOONWATER, PROVIDE AN UPDATE TO BELLINGHAM CITY COUNCIL IN OCTOBER 2019

Recognizing that conflict is a normal and natural part of life, and sometimes people and organizations need impartial assistance, the WDRC also provides mediation, facilitation, and coaching services.