

Supporting Your Child's Emotional Growth: Practical Tips for Parents & Caregivers of a 5-Year-Old Child



Conflict
Management
& Resolution

A Series By The Greatest 8™

High Five! Life at Five



Your 5-year-old is becoming more social and more opinionated, which means more chances for disagreements with siblings or friends. Your child is still learning how to talk about their feelings and understand how their words and actions affect others. With your support, they can learn to name their emotions, show empathy, and solve conflicts in kind and respectful ways.



What does Conflict Management & Resolution mean?

Navigating conflict in a thoughtful and respectful way can help your child build strong relationships and self-confidence. It can even strengthen kindness and empathy within your home. Teach your child to drop the sword and resolve conflicts peacefully.

Focus Your Attention on Helping Your Child Resolve Conflicts

Why It Matters

Conflict is a normal part of growing up. When kids learn to name their feelings, listen to others, and solve small problems calmly, they build strong friendships and coping skills. These tools will help them at school, at home, and later in life, too.



Everyday Moments

What It Looks Like

At the playground, your child and a friend both want to play on the same rope swing. The friend grabs it first, and your child starts yelling – now they're both upset. You say, "Sounds like you both want a turn. Let's figure this out." You help them share their feelings and suggest, "Let's count to 30, then switch." They agree and take turns. You say, "Great job working it out together!"



What You Can Do – A Checklist for You!

- ☐ Model "I feel" phrases: "I feel sad" "I feel upset" "I feel nervous" "I feel disappointed"
- ☐ Help your child name their feelings: "I'm so excited!" "I'm really mad" "I'm frustrated"
- ☐ Offer simple choices to solve problems – like taking turns, using a timer, or taking a break from an activity
- ☐ Remind your child that it's okay to be upset, but not to hit or yell
- ☐ Use time-out if needed to help your child calm down before attempting to make things right
- ☐ Help children come up with possible strategies or solutions to resolve a problem or disagreement
- ☐ Create simple family rules (i.e. only eating at the table, asking permission to . . .) and follow them together

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Communication



Coping and
Resilience



Understanding
Feelings



Problem
Solving



Self-
perceived
Confidence



Conflict
Resolution



Balancing
Emotions



Diversity
Awareness
and Respect

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8 SKILLS FOR A LIFETIME OF MENTAL WELLNESS