

Reducing Conflict at Home

Supporting calmer, more connected family life



SUPPORT • NAVIGATE • THRIVE

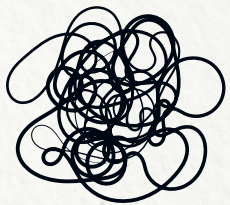
Parenting
PANDAS

Why Conflict Happens



Conflict often isn't caused by children being "difficult."

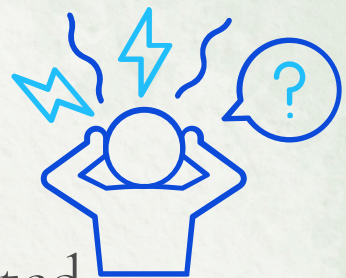
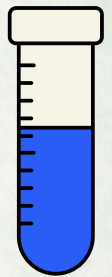
Instead, it may happen when:



- The Nervous System feels Overwhelmed
- Demands exceed capacity



- Communication breaks down
- Sensory overload builds



- Everyone is emotionally exhausted

When we understand what is driving conflict,
we can begin to reduce it.

Small Changes That Can Help



Try:



Reduce unnecessary demands.

✓ Offer choices where possible.



✓ Slow transitions.

✓ Build in movement breaks.



✓ Lower your voice.



✓ Use visual supports.



✓ Focus on connection before
correction.

Small changes, repeated consistently, often
make the biggest difference.

During Difficult Moments



Instead of asking:

"How do I stop this behaviour?"

Try asking:

"What does my child need right now?"

Sometimes the answer is:

- Space
- Connection
- Time
- Sensory regulation
- Reassurance



Small changes, repeated consistently, often make the biggest difference.

Remember



Every difficult moment is
an opportunity to learn
more about your child.

Conflict is not a sign of failure.

Understanding creates change.



Key Takeaways



Behaviour is communication.



Regulation comes before reasoning.



Curiosity reduces conflict.



Connection builds cooperation.

Remember...



You know your child best.

Trust your instincts.

You are doing an
incredible job.

With Love and Support,



Becky
Parenting Pandas UK