

# REDUCING CONFLICT & MANAGING PROBLEMATIC BEHAVIOR

DR. RACHEL SINGER, PH.D.

[DRSINGER@RESNIKPSYCHOLOGY.COM](mailto:DRSINGER@RESNIKPSYCHOLOGY.COM)



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PARENTING IS...

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RELENTLESS &  
EXHAUSTING

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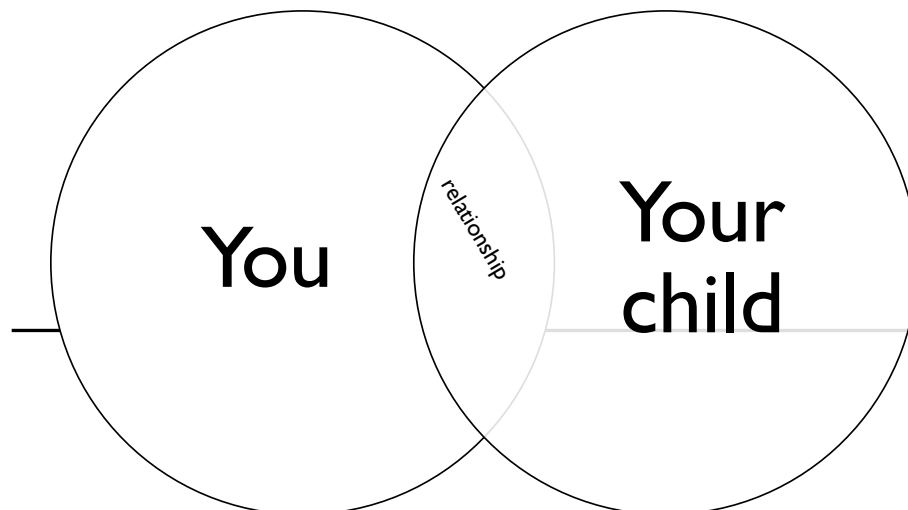
Telling my kids  
to go to bed  
the 1st time



Telling my kids  
to go to bed  
the 3rd time

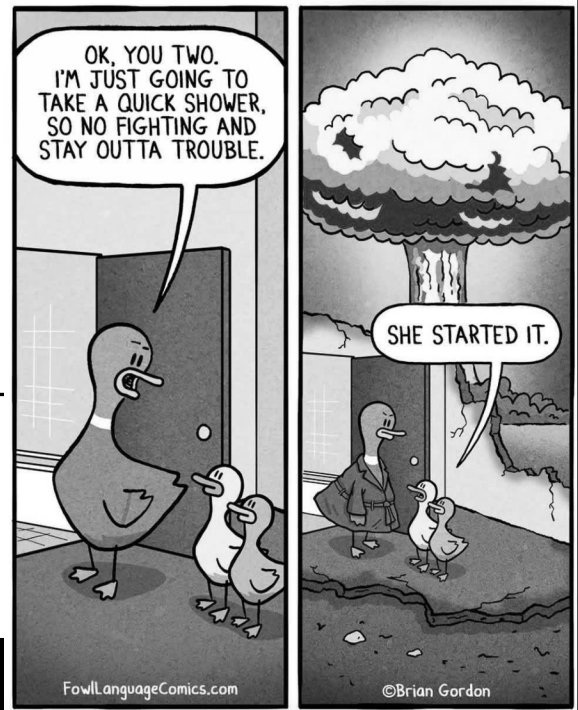


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## PARENT TOOLS



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WHAT WERE SOME OF YOUR FAMILY  
RULES GROWING UP?

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What are your family's rules (that apply to everyone)

What are the consequences when the rules are broken?

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## REMINDING ABOUT RULES

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Display them somewhere in the house

Praise adherence to rules

Reward positive behavior

- Family shared jar
- Separate charts

Positive reinforcement usually works better than punishment

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WATER THE SEEDS NOT THE WEEDS

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## WHEN SOMEONE BREAKS THE RULES

What's the  
function behind  
the behavior

Limit attention

Take space  
when needed

Address the  
other person  
in the situation

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## WHEN SOMEONE BREAKS THE RULES

### Instead of apologies

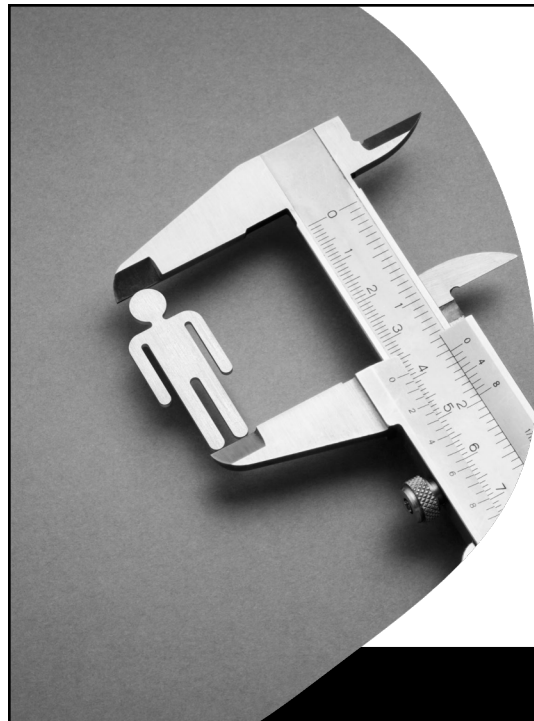
- Are you ok / anything I can do
- Model empathy

Do-over

1. It's not ok to \_\_\_\_\_,  
it is ok to \_\_\_\_\_
2. I won't let you \_\_\_\_\_ I  
will let you \_\_\_\_\_

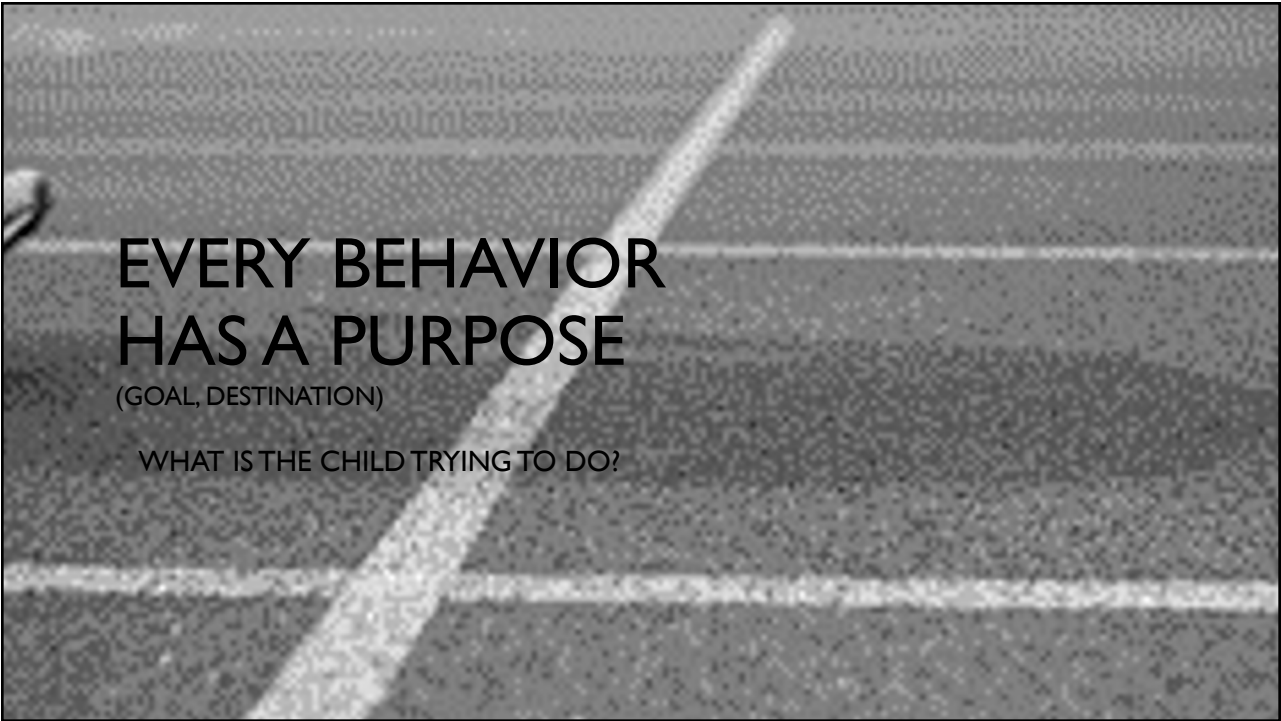
Explain the impact

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## CHILD TOOLS

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LET’S PRACTICE...

Behavior	Purpose
Child throws a tantrum in the supermarket after being told “no candy”	
Older sib tells a younger sib “stop acting like a loser at school”	
Child lies about getting their homework done	

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## LET'S PRACTICE...

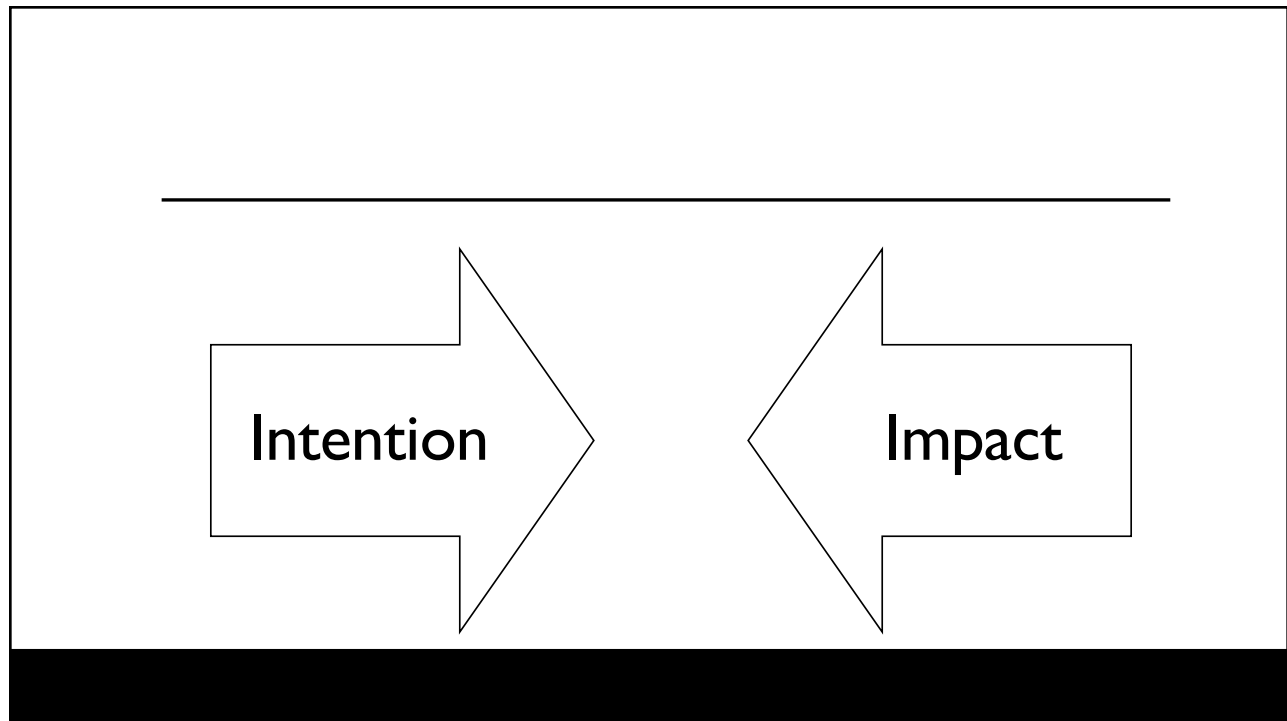
Behavior	Purpose
Child throws a tantrum in the supermarket after being told "no candy"	<ul style="list-style-type: none"> <li>- Trying to get something that they want</li> <li>- Communicating their dissatisfaction</li> </ul>
Older sib tells a younger sib "stop acting like a loser at school"	<ul style="list-style-type: none"> <li>- Trying to protect them from being teased by others</li> <li>- trying to protect their own reputation</li> </ul>
Child lies about getting their homework done	<ul style="list-style-type: none"> <li>- Not wanting to get in trouble</li> <li>- Wanting a break from a stressful task</li> </ul>

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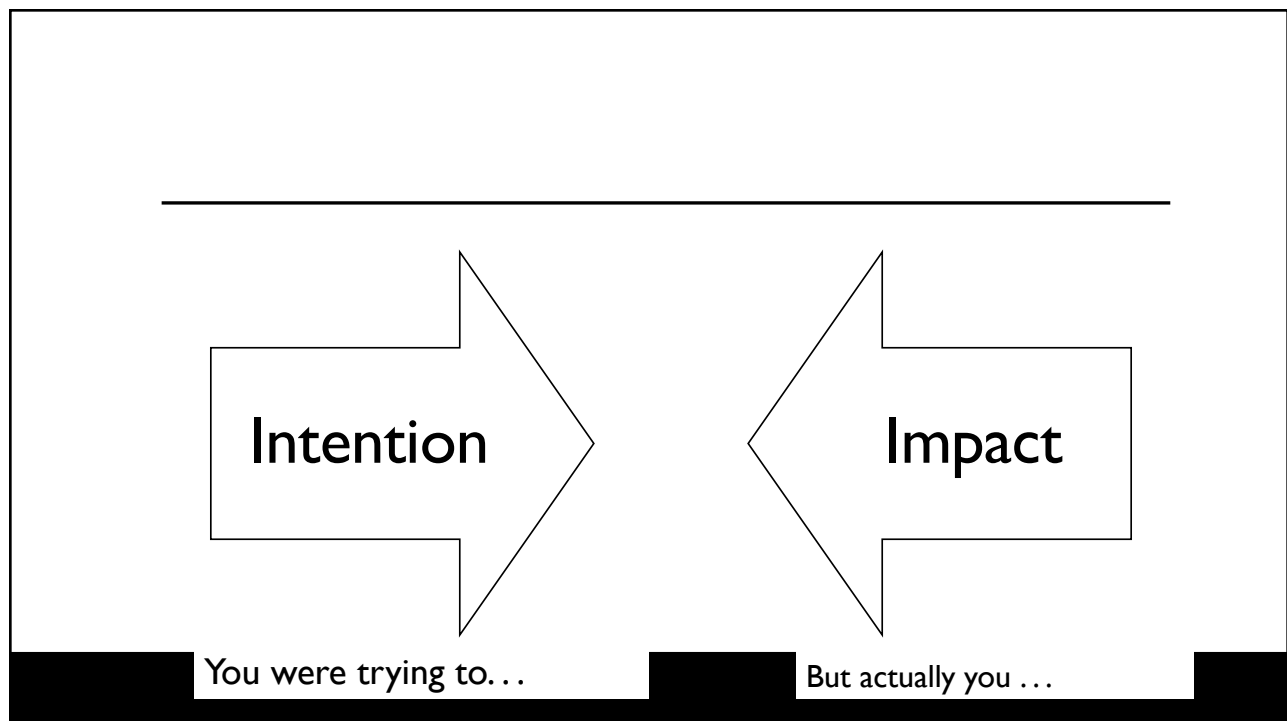


DON'T FORGET  
THAT FRONTAL LOBE...

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## DO OVER

Is there another way to get what you want?

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## SHIFT RESPONSIBILITY...THEIR WAY.

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What have you already tried?

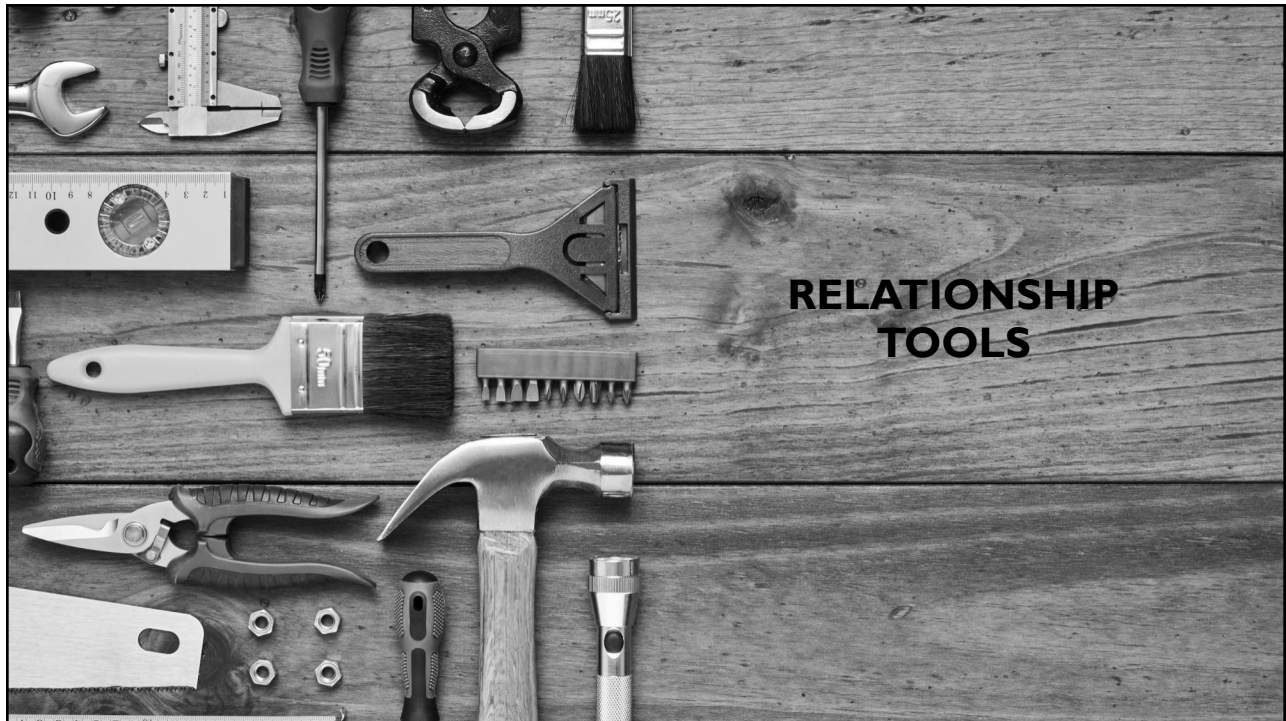


What are you going to try next?



How can I help?

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## COMMUNICATION STRATEGIES

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1. Restate: "I hear you saying \_\_\_\_\_. Is that right?"

2. Validate: "It makes sense that \_\_\_\_\_."

3. Empathize: "You must be feeling \_\_\_\_\_."

4. "Thank you for telling me."

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## WHEN TO GET MORE HELP

- When you've tried everything you can think of
- Major change in behavior
- Distress / impairment
- Safety concerns

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## QUESTIONS

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## SELF-CARE VIDEOS

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[HTTPS://WWW.YOUTUBE.COM/@STRATEGI  
ESFORSELF-CARE7170/VIDEOS](https://www.youtube.com/@STRATEGIESFORSELF-CARE7170/VIDEOS)

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## THANK YOU!

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RACHEL SINGER

DRSINGER@RESNIKPSYCHOLOGY.COM

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