

Helping Our Children Find Peace

Regularly we each experiences challenge and disappointment along with joy and successes. Children are just the same. At times our homes can be hotbeds of discord and acting out- often because we feel safe when we're with our family and are less controlled. But, children need opportunities to experience real peace, even when things are rough, and that peace can start with us.

The following are a few tips that can help parents create peace at home:

- Remember that creating a peaceful home starts with you, the parent. Your upset and stress will affect your children.
- Make your home a place of kind and loving words.
- Determine to resolve conflict without resorting to violence (either physical or verbal). Model peaceful resolutions to arguments and anger.
- Spend quality time with each of your children every day. That means making sure that your children are listened to, that they each have a voice.
- Give your children choices when possible.
- Get ahead of possible conflict. Anticipate situations that will cause upset and stress. We can't (and shouldn't) eliminate each one, but we can put into practice some strategies that can help. For example, if you've run out of your child's favourite treat, rather than running to the store for more, you can explain what's happened, and offer two other yummy choices, while promising that you'll get more of the favourite when you're able to.

Thankfully, helping create a peaceful home is something we can practice a lot. Life can be rough at times. Commit to 1 or 2 changes that you can make so that the next time things threaten to explode, you'll have some strategies in place.