



## **Navigating Preschool Social Dynamics**

The preschool years are a time of rapid growth, especially in social-emotional development. As children begin to define who they are in relation to others, they explore different roles, learning how to navigate the challenges and conflicts that arise in relationships. This stage is critical for helping your child build the tools they need to handle conflicts—and just as importantly, for giving them the space to practice working things out on their own. It can be tough to watch your child in difficult social situations, whether they're the aggressor or the one being hurt, but remember that these experiences are a normal and essential part of their development. In fact, it's through these struggles that children learn how to advocate for themselves and resolve conflicts later in life. Here are some tips for supporting your child through this important stage.

### **Fantasy Play: Processing Big Emotions**

Play is how children make sense of the world around them, especially when it comes to big emotions. Fantasy play is one of the primary ways they explore their feelings of power, control, and even fear. While this type of play can sometimes feel uncomfortable (especially if it involves "violent" themes), it's often a sign that your child is processing complex concepts, like good vs. evil or the idea of death. It's important to observe their intent during this type of play and to guide them in a way that helps them process these ideas healthily.

### **The Power of Language**

Around this age, children are beginning to realize the power of words. Language becomes one of their primary tools for asserting control, expressing frustration, or excluding others. While phrases like "I hate you" or "I'm going to hurt you" may be jarring, it's important not to overreact or give too much attention to these words. Giving them too much focus can actually reinforce their power. Instead, redirect the conversation to the feelings behind the words and offer alternatives for expressing themselves.

- "It sounds like you're frustrated because Sarah took your book. That can be really annoying. How about telling her why it bothered you?"
- "I know you're upset because we need to leave the park. You were having fun, and it's okay to be disappointed. We can come back soon!"
- "I can see you're feeling really angry right now. Let's take a moment to calm down, and when you're ready, we can talk about what happened."

### **Impulse Control: Encouraging Self-Regulation**

Preschoolers are still learning how to manage their impulses. They may struggle with overwhelming emotions and sometimes act out physically. Instead of focusing solely on those moments, try to reinforce positive behaviors. When your child successfully manages a difficult situation, offer praise to encourage them to keep practicing those skills. It can also help to give them space to calm down before talking through the situation, so they have a chance to reset.

## **When Your Child is the Victim**

It's natural to feel protective when your child is hurt or upset by another peer, whether physically or verbally. However, it's important to use these moments to teach your child how to advocate for themselves and resolve conflicts. Most peer conflicts involve both children, so encourage your child to reflect on what happened and how they could avoid escalating the situation in the future.

- "I bet that hurt when Joe scratched you. What do you think made him so frustrated? How could you have handled the situation differently to avoid making him so upset?"

The goal is to help your child focus on what they can do when they're wronged, rather than focusing on the other child's actions. Teaching your child to self-advocate and to resolve conflicts respectfully will serve them well throughout their lives.

Role-playing different conflict resolution strategies in a calm moment can help your child practice how to handle situations when they arise:

- Use "I" statements: "I feel upset when you say unkind things to me. Next time, you could say, 'I don't like that,' to express your feelings."
- Find an adult for help if things are escalating.
- Walk away to get some space if needed.

When your child successfully handles a conflict, be sure to praise them: "You did a great job telling the teacher when someone was bothering you. That was the right thing to do!"

## **When Your Child is the Aggressor**

It can be incredibly difficult to watch your child act aggressively toward others, but it's important to remember that trying out different roles is a normal part of growing up. Aggression can be an opportunity for your child to learn about empathy, kindness, and the consequences of their actions. Focus most of your attention on the child who was hurt, and help your child understand the other person's feelings.

Try to identify the root cause of the aggression. Is your child seeking attention, power, or revenge? Once you understand the reason behind the behavior, help your child explore more positive ways to express those emotions.

- "I can tell that you were upset when Christopher ate the last cracker. That probably made you feel mad. Next time, try telling him how you feel instead of saying something hurtful."
- "It looks like Maria didn't want to play with dinosaurs. I can see she looks scared when you roared at her. Maybe you could think of another game that you'd both enjoy."

## **Making Amends vs. Apologizing**

In preschool, it's important to focus on helping children make amends rather than simply forcing them to apologize. A child may say "sorry" but not actually understand what they're apologizing for. By teaching your child to acknowledge how their actions affect others, they learn to take responsibility and make things right.

- "I can see you're sorry for kicking Laura. Is there something you can do to help make her feel better? Maybe a hug or telling her you won't do that again?"
- If your child isn't ready to make amends right away, give them some space to calm down. You can model an apology yourself, and once your child is ready, help them check in with their friend.

## **Reacting to Behaviors**

Children often experiment with behaviors to see which ones get the biggest reactions from adults. By overreacting to negative behaviors, we can unintentionally reinforce them. Instead, focus on teaching, modeling, and recognizing positive behaviors, and avoid giving too much attention to negative ones.

## **Resources for Further Reading**

- *Under Deadman's Skin: Discovering the Meaning of Children's Violent Play* by Jane Katch
- *Raising Cain: Protecting the Emotional Life of Boys* by Dan Kindlon and Michael Thompson
- *Bad Guys Don't Have Birthdays: Fantasy Play at Four* by Vivian Paley
- *Mom, They're Teasing Me* by Michael Thompson
- *The Montessori Toddler* by Simone Davis