

# PARENTING THE **FIGHT** ⚡ **LANGUAGES**

Kids don't all react the same when they're upset or frustrated. They're not trying to be difficult. They're speaking their Fight Language. When you can recognize what each Fight Language sounds like and what each kid needs in the moment, you can respond in a way that helps instead of making the conflict bigger. The goal is raising kids who know how to handle conflict, communicate, and stay connected.

## SOUNDS LIKE

## DO THIS

## DON'T DO THIS

### IGNITORS:

- "Leave me alone!!."
- "You make me so mad!"
- \*SCREAMING\*
- "You never listen to me!"
- "I told you already!"

- Stay calm and grounded
- Let them be angry (as long as it doesn't harm anyone)
- "I bet you're really angry"
- Physical outlet for feelings

- Make them resolve things when upset
- Tell them to calm down
- Match their energy
- Ignore them when escalating

### AMPLIFIERS:

- "You're the WORST ever!"
- "Nobody cares that I'm sad."
- "Here's 3 other reasons I'm upset!"
- \*CRYING\*
- "I'll never be happy again!"

- Verbalize what you hear them say
- Look for the pattern in the story
- Let them cry without fixing
- "I bet I'd feel the same in your shoes. Tell me more."

- Tell them they're being dramatic
- Minimize emotions
- Problem solve and try to fix
- Bring logic to an emotional conversation

### NEGOTIATORS:

- "I was just trying to help!"
- "Everyone is mad at me."
- \*POUTING\*
- "Are you upset at me?."
- "It's fine. I'm fine."

- Remind them that everything is figureoutable
- Emphasize teamwork to solve things
- Let them know why you're not upset
- Offer a hug/cuddle/read a book

- Make it their responsibility to repair or fix things
- Be more upset than they are
- Assign blame
- Shut down and ignore them

### ANALYZERS:

- "That doesn't make sense!"
- "That's not fair!!"
- "But you said...!!"
- \*BARGINING\*
- "No, listen to me!"

- Give choices when possible
- "That makes sense"
- Take a break and do a logic puzzle
- Ask questions to stay engaged
- Hold boundaries

- Argue point for point
- "Because I said so"
- Change rules randomly
- "Life isn't fair sometimes"
- Debate endlessly

### EXTINGUISHERS:

- "I don't care."
- "It doesn't matter, whatever."
- \*SHUT DOWN\*
- "Just leave me alone."
- "I don't know."

- Slow the conversation down
- Hit pause, set a time to hit play again
- Create a safe space to reset
- Have the conversation while on a walk, or in a parallel space

- Bombarding them with questions
- Pushing for resolution
- Ignoring the conversation
- Try to talk in confined spaces, like the car or when they can't leave