



Our mission

CRADLE's mission is to provide acknowledgment and support for teachers and parents; and to promote mutually respectful and joyful relationships between these adults and the children they care for.

What adults gain through CRADLE

- Increased confidence as a parent or teacher
- Reduced stress
- Problem solving skills
- Ability to help children appreciate differences among children (e.g. gender, race, disabilities)
- Increased knowledge of child development
- Ability to set limits clearly and effectively
- Happier, more peaceful families and classrooms

What children gain through CRADLE

- Emotional security
- Self awareness and self-respect
- Empathy for others
- Appreciation for differences among people
- Sense of responsibility
- Problem solving skills
- Social skills
- Understanding of parents' expectations and values

"Historically, the needs of adults far outweighed the needs of children. Then, for some families, the pendulum swung the other way and the needs of children took precedence. Now we face the challenge of trying to find a balance of needs. When we try to take into account the needs of everyone in the family, we teach children that all people should be respected regardless of age, gender, experience, or status."

Becoming the Parent You Want to Be

— Laura Davis and Janis Keyser

"Our closest relationships are with people who love us enough to let us show how we feel. If a child can fully reveal her feelings, she is free to be her loving, confident, cooperative self again."

Listening to Children

— Patty Wipfler

CRADLE

Conflict Resolution and Diversity: Lifeskills Education

*A program of the Conflict Resolution Center of
Santa Cruz County*

CRADLE CONTACT INFORMATION

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CRADLE

Conflict Resolution and Diversity: Lifeskills Education



**Helping parents and teachers build
mutually respectful and joyful
relationships with children ages 0 to 8**



A program of the Conflict Resolution Center of Santa Cruz County

Transforming adult-child relationships

In every home and classroom, there are times when understanding and relating to young children can be a frustrating and stressful experience.

Teachers are struggling to respond effectively to a widening range of student needs. Parents feel overwhelmed and frustrated when their efforts to guide children are met with resistance and strong feelings. These situations can erode the relationships that are at the heart of a happy classroom and home.

Adults and children alike need support in resolving conflict with mutual respect and creativity.



CRADLE provides this support through workshops, observations, consultations and play days. All of our services are offered in English and Spanish by leaders trained in Early Childhood Education.

“Using power to make unpleasant things happen to someone is an intrinsically objectionable way of interacting with people, especially children. Working together to solve problems offers a vote of confidence, a statement of trust, to a child. The more we trust, the more likely a child is to live up to that trust.”

Punished by Rewards: The Trouble with Gold Stars, Incentive Plans, A's, Praise and Other Bribes

— *Alfie Kohn*

Workshops and consultations

We provide programs tailored to meet your needs and budget. Call us for detailed program information and to learn more about our services.

FOR TEACHERS:

- Half-day, full-day or 8-week workshops on teacher-child conflict resolution
- Half-day workshop on facilitating child-child conflicts
- 2-hour introduction to the basic models of adult-child or child-child conflict resolution
- On-site observation and consultation

FOR PARENTS:

- Half-day, full-day or 8-week workshops on parent-child conflict resolution
- 2-hour introduction to the basic model of parent-child conflict resolution
- Play days: a 3-hour program for parents and children which includes one-to-one child-parent play time followed by parent discussion (with child care) and a shared meal
- Ongoing drop-in support groups for parents who have participated in a workshop

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“The whole CRADLE experience has been a tremendous benefit to the peace and harmony of our family.”

— *Curtis Swain, parent*

Our Process: Sowing the SEEDS of Peace

CRADLE uses an easy-to-remember, four-step process (SEED) to transform conflict between adults and children into an opportunity for emotional closeness and social learning.

- 1. SAFETY** — Learn how to create emotional and physical safety for a child, preserving a non-violent and respectful attitude in the midst of a conflict.
- 2. EMPATHY WITH CHILD** — Gain a deeper understanding of a child's feelings and needs, and learn how to express this to the child.
- 3. EXPRESSION OF SELF** — Develop increased awareness of one's own feelings and needs and learn how to express these to a child.
- 4. DEMOCRATIC PROBLEM SOLVING** — Increase knowledge about when and how to use creative problem solving, as well as when and how to set limits.

“Learning the model presented in the CRADLE workshop has profoundly changed the way I view my role as parent as well as the interaction between my child and myself. No other parenting class has affected such a deep, thoughtful transformation in my relationship with my child.”

— *Lynn Nelson, social worker, Santa Cruz*

