



When Parents Disagree: Disagreement Dos and Don'ts, by Dr. Brad Schwall

Differences between parents in parenting styles and opinions causes conflict. Whether you disagree about how many sweets your kids should be allowed to have, bed-time time, whether your child should be allowed to have a cell phone, or curfew time – resolving conflicts can be difficult. What can parents do when compromise isn't easy?

Keys to Positive Communication

- Communicate your own thoughts and feelings
- Listen to each other rather than only thinking about what you are going to say
- Understand each other's perspective – Who has the most involvement with the issue? What are the concerns?

Steps to Dealing with Disagreements

- Define the problem – Focus on the problem rather than personality.
- Define the goals – What do each of you want to happen?
- Brainstorm solutions

When You Can't Agree

- Compromise – Practice give and take.
- Agree to disagree – Determine the issues that you can let go.

What Not to Do

- Don't bring up the past
- Don't try to mind-read
- Don't criticize