



TALKING TO KIDS ABOUT PARENTAL FIGHTING

Children hate conflict, especially when it involves important adults in their life.

1. EXPLAIN THE CONFLICT

Provide a brief, age-appropriate summary of what the dispute was about.

2. TALK ABOUT FEELINGS

Talk about what you were feeling at the time and why you lost your temper. Explain what you're feeling now, and how it may have changed.



3. EXPLAIN

Reaffirm that all adults argue from time to time. Explain that it does not mean that they've stopped loving each other.

EMOTIONS

TIME

4. DISCUSS

Did you overreact? Forget to turn the other cheek? Raise your voice? Lose your temper? Discuss what went wrong and how you'll try to do better in the future.

HUMILITY

COMPASSION

5. APOLOGISE

Say you are sorry. This will help them feel a lot better about the situation, and sets a good example.

6. REMIND

Remind your child of the rules of empathy, love and kindness. Remind that this is what people strive for – even when they're mad.

