

Healthy Partnership Conflict Resolution When you Live With Kids

Editor's Pick. Written by Laura Markham.

The nature of human relationships is that we will disagree. It's wonderful for children to see their parents model how to work out disagreements. It's important for them to know that we don't always agree, but we always love each other. And it's critical for kids to see us make up.

That doesn't mean it's okay to yell at each other in front of our kids. The research shows that a disagreement followed by working things through and making up can teach kids valuable lessons about working through conflicts constructively. But the research also shows that yelling always affects kids badly, even if you make up eventually. Yelling is not constructive conflict resolution, ever. It's a tantrum. (And no, it's not "authentic." What's authentic is the tears and fears under the yelling.)

So given that conflicts are inevitable, how can you best handle them when you live with kids?

Read the full thing at AhaParenting.com »