



Let's talk about...

Conflict

Handout #6: How can parents help repair damage from parental conflict?

Watch Chapter 6 - Let's talk about being your child's hero here:
<https://bit.ly/2Mrpbgn>

TAKEAWAY MESSAGE

As a parent, you are the best healer. It is never too late to learn how to do it differently - with the right support. Saying sorry for conflict that you were part of is a critical tool for re-stabilising your child.

MAIN CONTENT

When you step into the shoes of being the emotional hero in your child's life, you are a positive role model who helps your family recover from conflict and violence, and who prevents future conflict and violence.

Saying sorry for conflict and violence that you were part of is a critical tool for re-stabilising your child. There are six steps to a developmental apology about parent conflict.

There are specialist services available to help family members work through very difficult issues of high level conflict and violence. Seek professional advice if you think you need some assistance.

TAKE A MOMENT

Consider how you might say sorry to your child during times of conflict.

Acknowledgements

Let's Talk About Conflict © was written by Jennifer E. McIntosh and Craig Olsson from the Centre for Social and Early Emotional Development (SEED), Deakin University. It was produced by Relationships Australia South Australia.
 All videos in the series can be view here: www.rasa.org.au/letstalkabout

For more information on this product please refer to the introduction video at <https://bit.ly/2K78Vyv>