

Dealing with family arguments

It's normal to have arguments with your children and spouse. Children learn to voice their opinions through their family first. And all close relationships have disagreements sometimes.

BUT ARGUMENTS DON'T HAVE TO BE HURTFUL.



HANDLE DISAGREEMENTS IN A POSITIVE WAY:

- **Pick your battles.** Don't fight over every disagreement. Decide if small things are worth an argument. Walk away from an argument when it's not an important matter.
- **Be open.** Try to see others' point of view. Stop and listen to what they're saying and really consider it before responding.
- **Set boundaries.** Arguments should not include name calling, insults or disrespect. Try to avoid shouting, too. If things get heated, take a break and say you'll discuss it later when everyone feels calmer.
- **Look at root causes.** Are you arguing with the same person all the time? Or are you having the same argument with multiple people? Think about why this is happening, and what you can do to stop having these conflicts. Consider this preventive care for your relationships.
- **Remember that you're an example.** Children see how parents argue. Think about how you would want them to handle a disagreement, and try to model that behavior.

Source: American Academy of Pediatrics