

Dealing with disagreements and regulating emotions

People act in different ways in conflict situations and need a range of approaches to cope with these situations. Use the exercises below to reflect on these themes.

Exercise

It is difficult to deal constructively with disagreements. Please list/draw on a piece of paper where you could improve yourself to be more constructive in conflict situations?



Discussion

Discuss the situations in which tension usually occurs between parents/other loved ones? How can these situations be prevented?

Exercise

In an emotional situation, it's important to calm yourself down so that you don't say anything inconsiderate. The next time an argument seems imminent, close your eyes and try counting to ten to calm yourself down, or try leaving the room for a while.



Discussion

There can be times in parenting when your own emotions get out of hand. How would you deal with such emotional turmoil?

Exercise

Talk to your partner/loved one about how you want to be treated when emotions run high and a fight is imminent. What works best for you? Write these things down and put them on the fridge door, for example, so you remember to act according to them when the situation arises.



**Parenting is
a team effort**

Tips for team parenting