



## MANAGING PARENTING DISAGREEMENTS DURING COVID

**The new restrictions imposed, to limit the spread of the Covid-19 Delta strain, is impacting on all of us differently.**

We are aware that many of our families are located in the LGA where severe restrictions applied. Consequently, some of our parents are struggling to balance work, child care and self-care.

These conditions can contribute to everything feeling more emotionally charged. It is easy for parents to disagree on issues like the level of access children can have to screens or the importance of all college tasks being completed before they can play online games. Many parents are finding it hard to navigate the complicated process of agreeing on rules.

I want to remind you that conflict is a natural part of relationships. When children see how you resolve your conflict they learn valuable life skills including negotiation and problem solving.

### **Plan and Prepare**

Often you find yourselves reacting to situations and each other which can be prevented if you invest in some planning. Find a neutral, calm time to talk through disagreements on rules before your children are in front of you.

### **Work through Emotions First**

It can be useful to say something like "I feel emotional because I am stressed about meeting this deadline and supervising the kids with their learning" It is useful for your partner to understand where you are coming from and it can assist with making your planning less emotionally charged.

## **Separate Relationship Issues from Parenting Decisions**

Relationship issues can easily impact on parenting decision and make it harder to agree and easier for the conversation to end in a fight. It is useful to set boundaries about what is and what is not out of bounds when you talk about parenting.

Remember these are challenging times and you don't have to do this on your own.

To read more, click on this link: <https://raisingchildren.net.au/grown-ups/looking-after-yourself/communication-conflict/conflict-management-for-parents>

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