



10 Tips to Communicate Respectfully, Even When You Disagree



1

Breathe. Take a moment to remember that while you may not be able to control the emotion you feel in response to someone's words or behavior, you can control your response to that emotion.

2

Don't take it personally. Remember that people often say things during an argument that they don't really mean. Don't focus on what is said in the argument; instead, focus on the underlying emotions & needs.

3

Make a connection. Make eye contact, don't frown, and don't roll your eyes. In other words, be mindful of your body language during the argument.

4

Ask questions. This shows that you are interested in your child's experience - even if you don't agree with them. Showing your child that you are trying to understand their point of view goes a long way.

5

Share information without expectations. If the person seems open to a conversation, make it just that – a conversation, not a soapbox.

6

Teach appropriate behavior when disagreeing with another person.

This one is also known as “treat others the way you would like to be treated.” Your child learns best through watching you.

7

Focus on the positive. Try to find a common, positive ground. Sometimes

that may be as simple as the fact that we are all acting out of love for our children, regardless of whether you believe some actions to be misguided.

8

Remember that everyone is working with the tools they have at the

moment. No one sets out to make mistakes. We’re all struggling to parent (and live) in the best way we know how. When we learn better, we can do better.

9

Agree to disagree. Disagreements do not always resolve in complete

understanding. Sometimes time, circumstances, or attitude mean that we will not see eye to eye. But disagreement does not need to mean conflict – we can be respectful and supportive in other ways.

10

You can only plant the seed, ideas take time to grow. When you are

passionate about a subject, sometimes the best way to have it take hold in another person’s life is to let them see you live it. Be the seed of change.

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