



Let's talk about...

Conflict

Handout #2: What your parents did not know

Watch Chapter 2 - Let's talk about what your parents didn't know here:
<https://bit.ly/2X6Bobn>

TAKEAWAY MESSAGE

Your everyday love and care is vital to shaping your child's emotional and social development. Conflict can impact how you parent and the quality of the relationship you have with your child.

MAIN CONTENT

Just as a plant needs energy from the sun to grow, a climate of care that fosters secure attachment lays the foundations for growth in your child's higher brain, supporting their ability to stay calm, manage what they feel, and ultimately cope with stress and thrive in the real world. The first 1000 days of life - between conception and your child's 2nd birthday - is a unique window of opportunity for you to build this sort of relationship with your child.

Secure attachments also underpin future relationships. A secure attachment to parents means a child is likely to be less distressed when separated from you, more confident mixing with others, and develop stronger social skills. As they venture out into the big world, they will be secure in the knowledge that there is a safe haven with you if they need it.

Conflict can impact how you parent. When you react, you are not as emotionally available to your child - not the secure base they need. Over time, that may shake their developmental foundations. If conflict goes on as a pattern, many parts of their emotional growth cannot take root.... And important parts of their emotional growth may start to wilt.

TAKE A MOMENT

Consider how you show your child love and care. Are you sensitive to their needs? Are you responsive and consistent in fulfilling them? Are you physically and emotionally available? These are simple ways in which you help your child develop and keep a secure attachment with you.

Acknowledgements

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