



Let's talk about...

Conflict

Handout #3: How does parental conflict impact on child development?

Watch Chapter 3 - Let's talk about conflict and child development here:
<https://bit.ly/2QzzMVb>

TAKEAWAY MESSAGE

All parents have some conflict. While some types of conflict can teach your child how to manage disagreements in their own life, others are not useful and can be harmful.

MAIN CONTENT

Just as a plant grows in the rain, your child's attachment security grows in the kind of rain that happens in every family's life.

Watching parents resolve conflict in a way that does not cause anyone to be emotionally or physically injured shows your child that you are there for them, even in bad weather, helping them feel secure. It also teaches them behaviours that are helpful in their relationships with others.

Other types of conflict can be destructive to your child. Frequent, intense, and poorly resolved conflict is like a storm, which can uproot your child's trust, and attachment security. It can also increase the risk that relationship behaviours and problems are repeated, as research suggests these children can go on to have higher levels of destructive conflict in their own future relationships.

Your child does not have to hear or see conflict to be affected by it. Children are very sensitive to the emotional climate of the house and pick up on dark clouds and tensions easily.

TAKE A MOMENT

Consider how you can model how to discuss differences and resolve conflict calmly.

Acknowledgements

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 All videos in the series can be view here: www.rasa.org.au/letstalkabout