



The Family Place Parent Child Center

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Ten Tips for Negotiating Win-Win Solutions for Parent-Child Conflicts

1. Actively listen to your child's feeling and desire
2. Focus on present issue
3. Avoid blaming and bringing up past offenses
4. Explain your feeling and desire to your child using "I" statements ("I feel angry when you leave your toys on the floor.")
5. Define the problem together in terms of what you each want
6. Take turns thinking of ways to solve the problem
7. Avoid evaluating the options until they are all listed
8. Evaluate options by asking, "What would happen if... (the toys were always on the floor)?"
9. Once you agree on a solution, check to see how it will be implemented
10. Congratulate each other on working it out together!