

Communication Tips for Parents after Separation



The source of most post-separation parental conflict is ineffective communication. You can be a better parent and reduce conflict by doing the following:

1. **Stay calm**
2. **State the problems clearly**
3. **Focus on reaching a solution**
4. **Use “active listening” skills**
5. **Avoid negative comments**
6. **Use positive language**
7. **Be willing to compromise**

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