

# ACS Family Advocacy Program

## Resolving Family Conflict

Family Conflict is a normal part of life. Every person has different opinions and ideas and it is normal to have disagreements within your family, however, not dealing with conflict appropriately can lead to stress and damage on families. It is important that you as a parent/adult are able to manage conflict in an effective way that does not lead to family rupture. Some tips to start the process of managing conflict include:

- Cooperation: Have your family work together to solve the problem and come to a compromise
- Manage Emotions: If any person is having difficulty staying calm while you work to solve the issue take a time out to let everyone regulate their emotions and come back when everyone can talk calmly.
- Empathy: Help everyone in the family to understand and listen to what others have to share and to respect their feelings and response to the situation.
- Communication: Encourage everyone to communicate their wants or needs in the situation and to use I statements i.e. I feel hurt when you take my toys

While family conflict is a normal part of life, family violence is not, and is not the same as disagreements among family members. If you believe your disagreements may be something more, please know that the Family Advocacy Program is still available to provide services.

Please do not hesitate to reach out to the Family Advocacy Program at on our Belgium hotline at +32 (0)472 90 1068 or at our Netherlands hotline at +31 (0)613 21 6737 or our website page <https://home.army.mil/benelux>.

<https://www.facebook.com/USAGBenelux>

<https://www.facebook.com/USAGBeneluxFamilyandMWR>