

Marital Conflict and Children: A Comprehensive Guide for Parents

Marital conflict is a fact of life for many couples. In fact, it is estimated that over 50% of married couples experience some degree of conflict on a regular basis. While conflict is not always a bad thing, it can become a problem when it becomes excessive or destructive.



Marital Conflict and Children: An Emotional Security Perspective (The Guilford Series on Social and Emotional Development) by E. Mark Cummings

★★★★★ 5 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 337 pages



When marital conflict becomes excessive or destructive, it can have a negative impact on children. Children who are exposed to high levels of conflict between their parents are more likely to experience emotional problems, behavioral problems, and academic difficulties.

This book is designed to help parents understand the impact of marital conflict on children and to provide them with strategies for managing conflict in a way that minimizes the negative impact on their children.

Chapter 1: The Impact of Marital Conflict on Children

This chapter discusses the research on the impact of marital conflict on children. It reviews the different types of conflict that can occur between parents, and the different ways that conflict can affect children.

The chapter also discusses the factors that can moderate the impact of conflict on children. These factors include the age of the child, the temperament of the child, and the quality of the parent-child relationship.

Chapter 2: Managing Conflict in a Way That Minimizes the Negative Impact on Children

This chapter provides parents with strategies for managing conflict in a way that minimizes the negative impact on their children. These strategies include:

* Communicating respectfully * Listening to each other's point of view *
Trying to see things from the other person's perspective * Avoiding blaming
and criticizing * Focusing on solutions rather than problems

The chapter also discusses the importance of seeking professional help if parents are unable to manage conflict on their own.

Chapter 3: Helping Children Cope with Marital Conflict

This chapter provides parents with tips for helping their children cope with marital conflict. These tips include:

* Talking to their children about conflict in a way that they can understand *
Reassuring their children that they are not the cause of the conflict *

Helping their children to develop coping mechanisms * Seeking professional help if their children are struggling to cope with conflict

Chapter 4: The Role of Extended Family and Friends

This chapter discusses the role that extended family and friends can play in helping parents manage conflict. It also provides tips for how to involve extended family and friends in a way that is helpful and supportive.

Chapter 5: Divorce and Separation

This chapter discusses the special challenges that parents face when they are going through a divorce or separation. It provides parents with tips for minimizing the negative impact of divorce or separation on their children.

Marital conflict is a challenging issue for many parents. However, by understanding the impact of conflict on children and by developing strategies for managing conflict in a way that minimizes the negative impact, parents can help their children to thrive despite the challenges of marital conflict.



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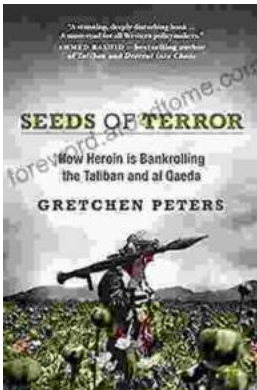
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