

Avoid Unnecessary Conflict

Coparenting Principle 4





Conflict can be productive if
handled properly.

Adults can choose to avoid conflict or
resolve it. Children are stuck in it!



Children feel stress and shame
when their parents argue.

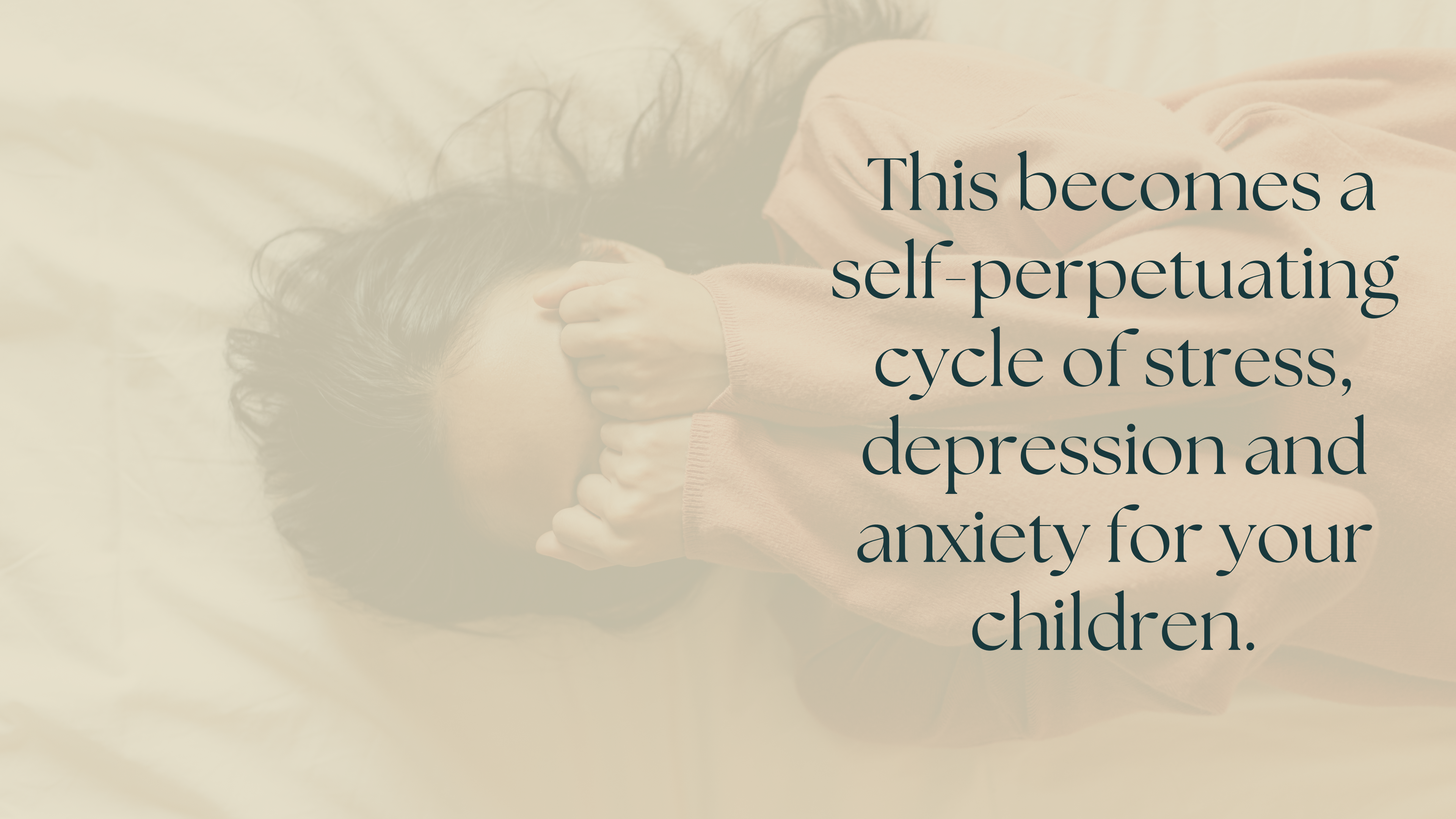
The image features a dark blue background with three starburst or sunburst graphics. One large, solid blue starburst is in the top right corner. A smaller, lighter blue starburst is in the bottom left corner. A third, very faint starburst is located near the end of the text on the right side.



CHILDREN CAUGHT IN
PARENTAL CONFLICT
*are exposed to sustained
levels of higher cortisol.*



These children develop greater sensitivity to stress, as they anticipate conflict.



This becomes a
self-perpetuating
cycle of stress,
depression and
anxiety for your
children.

These children also typically
receive less parental warmth
and harsher discipline.

Children are incredibly
attuned to their parents'
moods - much more than
their parents realize!



These
negative
effects on
children...

last well into
adulthood.

THEY HAVE AN
INCREASED RISK
of relationship instability in
their own romantic lives.

A large, stylized teal leaf graphic with a curved edge on the left side, occupying the left half of the image. The leaf has a central vein and several smaller veins branching out, creating a fan-like pattern.

To avoid
harming
your
children,

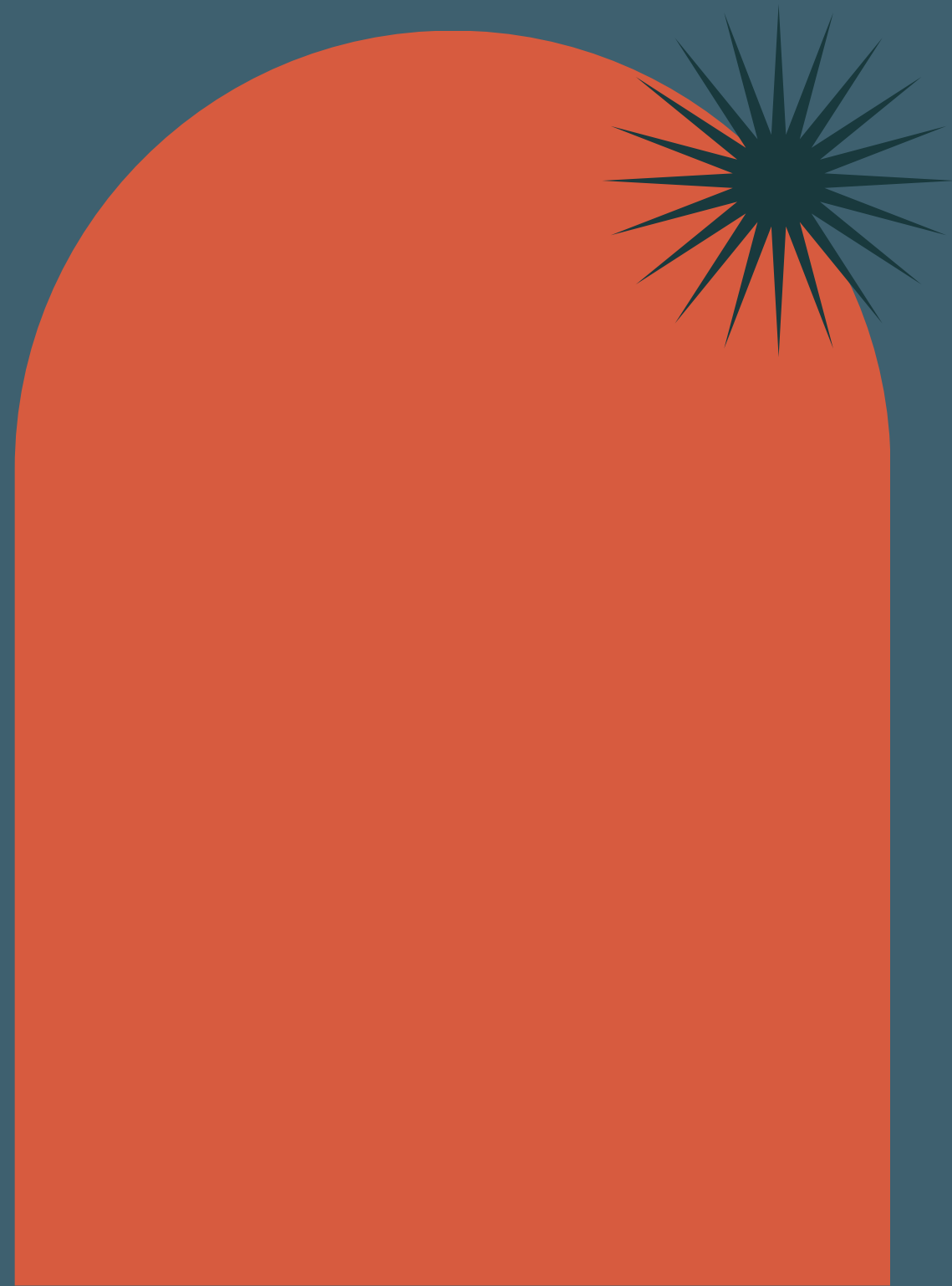
please stop engaging in
unnecessary conflict.

Focus on actual problems
that need resolving and
win-win solutions.

Do better to
keep any hint
of conflict
away from
your children.



Your children will be changed
physiologically and
psychologically by your
Coparent conflict.



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