

MANAGING CONFLICT IN RELATIONSHIPS

A Guide for Parents

Autism Spectrum disorder is a neurodevelopmental disorder that limits social interactions and communication as well as it affects how the children learn and behave.

Be Open About Responsibility in Caregiving

Conflict related to caregiving, whether it be between spouses or siblings is a common grievance. Neither parent is supposed to take on all the responsibility of raising kids, so it is important for you to establish what activities both spouses must do to have adequate time with the child.

Be Empathetic

There are lots of situations that we have no control over, and in moments of grief and sorrow it is important to be understanding towards others. If conflict arises during a tumultuous time, reflect on how you can aid the other person instead of adding to their worries.

Set and Maintain Boundaries

Whether it comes to friends or family, there are certain boundaries that one must never cross. For example, others telling you how to raise your children, violating your children's privacy, etc. Be aware that your boundaries must be stated loud and clear, and to respect others' space as well.

Practice Acceptance

There are some things that people just cannot agree on, which often leads to repeated conflicts. Understand that because you are different people, you will never truly see eye-to-eye with them, so learn to accept that differences are not always a bad thing.