

The parent-teen relationship: Conflict resolution

ANCHOR LEDE

Resolving an argument with a friend, spouse or coworker is hard enough. But how about when it's with your own teenager?

The idea doesn't have to be daunting, says Sara Bennett, a psychotherapist at OSF HealthCare. In fact, good conflict resolution skills are critical to being a good parent.

TAKE VO

Bennett says parents should approach conflict resolution as relationship building, not being a power figure who's determined to be right.

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Sara Bennett

OSF HealthCare psychotherapist

"The next thing you really want to do is hear what they have to say. Understand where they're coming from. Put yourself in their shoes even if we know it's a dumb idea or moot point. Validate their emotions. Words like, 'I understand. That would be very challenging. What was going through your mind when that was happening to you? How did you work through this problem?'" (:28)

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Then, Bennett says, the parent could share their perspective and try to reach a solution that has something for both sides.

Bennett also stresses that parents should take accountability for their mistakes.