



5

**Steps to
Repair after
Parent-Child
Conflict**

brooklyn
parent
therapy

Initiating **Repair**
after a rupture with
your **Child** can
Prevent you from
feeling **Shame** and
your child from **Feeling**
Misunderstood

1



Take the Lead

Acknowledge the rupture with
empathy and authenticity.



2

Actively Listen

Listen with curiosity and without judgment as your child tells you how the disconnection affected them.



3

Validate

Express that their reality is valid and you care about their emotions.



4



Take Responsibility

Be accountable and apologize for your part in what's happened.

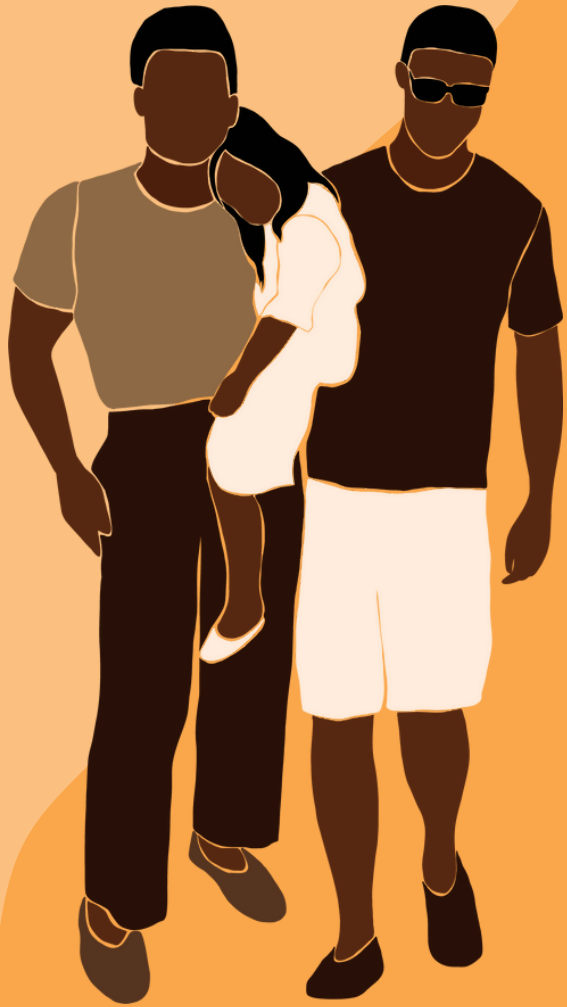


5

Collaborate

Brainstorm together actionable steps to take toward fixing and preventing ruptures.





Intentional repair strengthens the relationship and builds trust between you and your child.

Know ruptures will happen and forgive yourself when you mess up.

Just be sure
to make repair!

brooklyn
parent
therapy

Was this helpful?
Let's talk.

Schedule

Now



brooklyn
parent
therapy

(347) 618-8243

www.brooklynparenttherapy.com