

Conflict resolution among parents of newborns



It is **normal** to experience conflicts in your relationship!
Welcoming a new child **can increase tensions**.

Our study surveyed 1,400 parents about the **types of strategies** they use during conflicts!

What proportion of parents report using negative strategies often during conflicts?



Confrontation

Use of **personal attacks** and **loss of control**



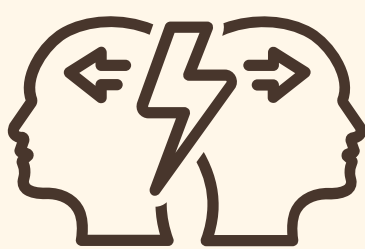
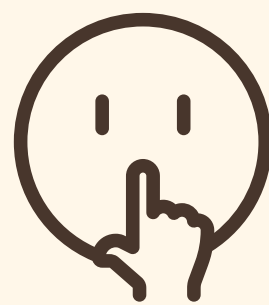
8%



18%

Compliance

Giving in and **not defending your opinion**



Avoidance

Refusing to discuss a conflict

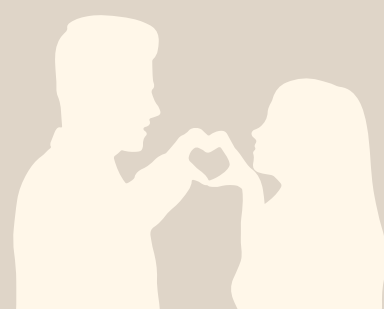


18%

Our study also showed that...

78%

of parents say they **often** use **positive resolution strategies** in their relationship.



How does this affect a parental couple's relationship satisfaction?



When couples use **negative conflict resolution strategies**, it leads to being **less happy** in their relationship.

Relationships require work, here are some strategies to use to better manage conflicts:



Collaboration

- **Listen to your partner** and give them space to explain their point of view.
- Consider each other's **needs and emotions**.

- Take the time to pause and reflect on **which compromises you are willing to make**.
- Discuss with your partner to **find a middle ground**.



Compromise

To cite this infographic: De Sousa, D., Grenier, F., Lassance, L., Martel, N., Dussault, É., Paradis, A., & Godbout, N. Conflict resolution among parents of newborns. Parental Couples Project. Université du Québec à Montréal, QC, Canada.