

**Parenting Tips**  
**from**  
**Community Parenting Service**  
**6a Penrith PI**  
**BALGA WA 6061**  
**Phone: 9440 0011**  
**Opening times: Monday to Friday 12 PM to 4 PM**

**Negotiation**

Negotiation can be an effective way to resolve conflicts or problems with older child/children. There are some rules that will not be negotiable. As a parent you need to be clear in your own mind about what these rules are. Through negotiation we are able to work towards solutions to conflicts that provide satisfaction to all parties concerned.

Some things to remember when entering into negotiation are:

- ☺ Choose a time when everybody is calm and prepared to talk.
- ☺ Allow each party to clearly state what they need to say.
- ☺ Try to understand what your child wants and why. If not clear ask them to explain more clearly.
- ☺ Compromise is an essential part of negotiation. Each party needs to be willing to let go of something to achieve a positive outcome.
- ☺ Brainstorm for creative ideas to resolve the problems, remember to accept all suggestions in a brainstorming exercise.
- ☺ Decide on a negotiated solution and each party needs to agree to have a go. If it does not work out you need to try another solution.

With lots of practice your negotiation skills will improve and in time you maybe able to reach positive outcomes in a great shorter timeframe.



We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.