Promoting Child Welfare

TRAINING PROFESSIONALS TO SUPPORT HEALTHY MARRIAGES, RELATIONSHIPS AND FAMILIES

Many marriage and relationship education programs focus on developing effective communication and conflict resolution skills. While they all implement a different process or use different methods, the target skills remain consistent. These skills include assertive communication, I-messages, decision-making, tips on arguing well as well as behaviors that hurt when arguing, and conflict resolution. As a result it is important for professionals to become personally proficient in these techniques and to learn how to develop these skills in consumers.

Attached you will find a few simple pieces to add to your "tool box." They can be used to refresh your memory or as a teaching aide for consumers or a visual aide in your office. We hope they will be helpful.

For more information on supporting healthy marriages, relationships and families, please go to our website at **www.thrivingcouplesthrivingkids.syr.edu**.

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