



Parenting Together:

5 COMMUNICATION STEPS For Couples



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For Couples



Parenting comes with its fair share of challenges, but the conversations about how to parent don't have to be difficult.

When you and your spouse can communicate effectively about parenting, you not only improve the way you parent, but you also strengthen your marriage.

This guide offers five actionable steps that will help you approach parenting conversations with clarity, empathy, and understanding.

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STEP 1: SET THE STAGE FOR SUCCESS

Before diving into a parenting conversation, it's important to set the right tone and environment. Make sure that both of you are calm and not feeling stressed. Avoid discussing parenting disagreements in the heat of the moment or when either of you is tired.

Tip: Schedule regular check-ins to talk about parenting challenges when both of you can focus.

Bonus: Use this time to talk about what's working well too! Acknowledge areas where you're both in agreement or doing a great job.



STEP 2: START WITH UNDERSTANDING

Rather than jumping in with what's wrong, start by understanding your spouse's perspective. Ask questions, listen to their concerns, and express genuine interest in their viewpoint. Understanding where your spouse is coming from can defuse tension and create a space for collaboration.

Suggested Question: “Can you share why this approach feels important to you?”

Bonus: Reflect back on what they've said to ensure you're truly listening. For example, “It sounds like you're really concerned about [specific issue]. Did I get that right?”



STEP 3: CLARIFY YOUR PARENTING VALUES

Parenting disagreements often arise because of differing values or approaches. Take time to clarify what matters most to each of you. This will help you understand why you feel strongly about certain issues and how to approach the conversation without feeling defensive.

Action Item: Identify your non-negotiables in parenting (e.g., discipline, screen time, bedtime routines). Share them with your spouse in a calm and non-confrontational way.

Tip: Use “I” statements to express your needs, such as “I feel strongly about this because...”



STEP 4: FOCUS ON SOLUTIONS, NOT PROBLEMS

When conversations focus solely on what’s not working, it can leave both partners feeling stuck. Shift the focus to solutions. Ask, “How can we approach this in a way that works for both of us?” This keeps the conversation forward-looking and positive.

Collaborative Question: “What do you think might be a good way to try handling this?”

Bonus: Suggest trying one spouse’s approach for a week and then reviewing it together to see how it went.

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STEP 5: PRACTICE FLEXIBILITY AND COMPROMISE

While not all parenting issues will have an easy compromise, being flexible and willing to give each other's methods a try can reduce tension. You may find that taking turns or combining both approaches leads to a balanced solution that works for your family.

Key Phrase: “Let’s give your approach a try this week and see how it goes.”

Tip: Schedule a follow-up conversation to review how the solution worked, making tweaks as necessary. This keeps the dialogue open and supportive.

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Remember, parenting conversations aren't just about solving problems; they're about building a stronger partnership.

When you use these steps, you'll approach parenting disagreements with a sense of teamwork, mutual respect, and understanding.

The goal is to create an environment where both you and your partner feel heard and valued, so you can work together as a united front in raising your children.

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Ready for more support?

If you're ready to dive deeper into resolving parenting disagreements peacefully, check out my full [Peaceful Parenting Disagreements Workbook](#).

It's designed to give you and your spouse the tools you need to navigate disagreements with ease and grace.

Use coupon code ParentingTogether to get it for **25% off!**

