

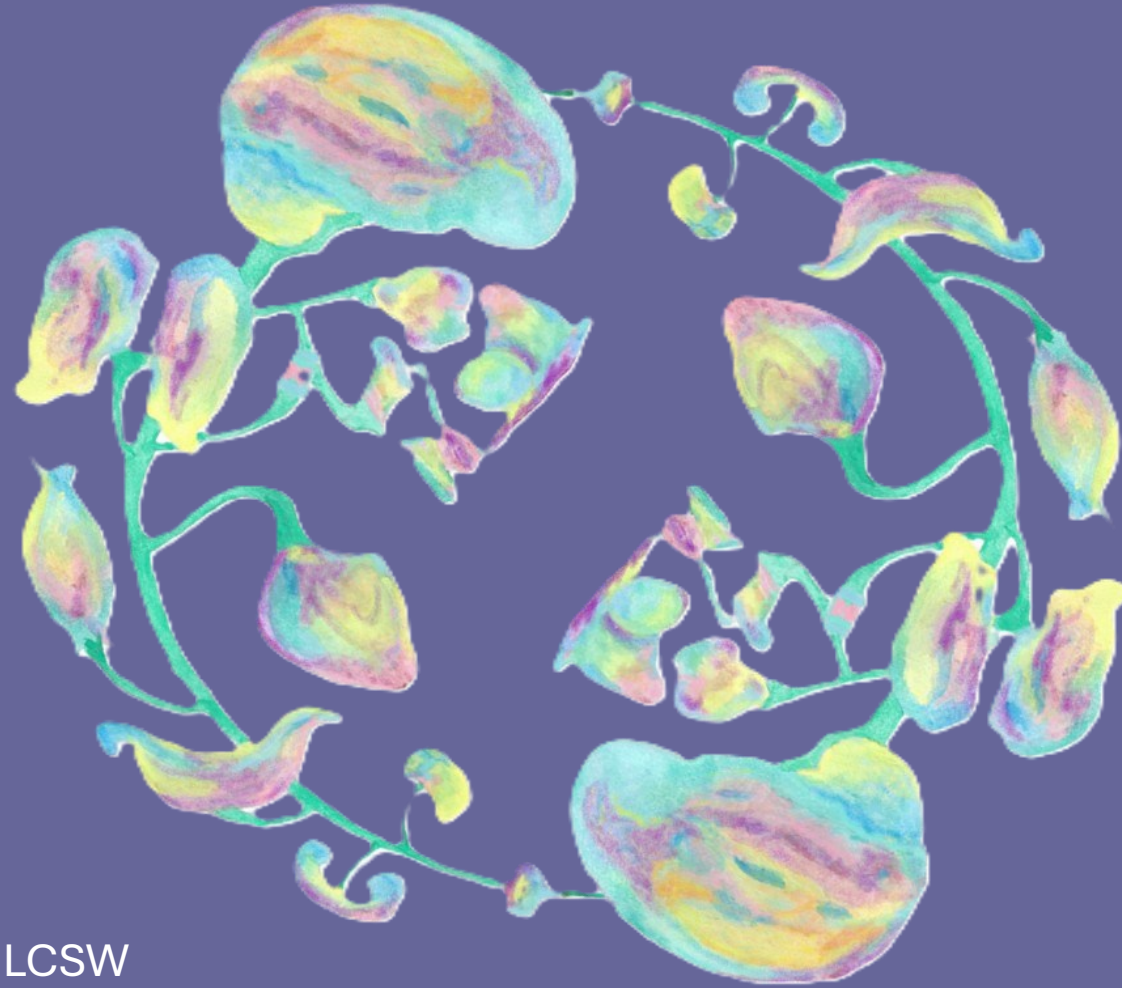


# Caregiving Styles & Conflict Management

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# Holistic Insights Wellbeing



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“If you have an argumentative or defiant child be proud that they: are practicing skills for becoming a confident leader; feel safe enough to express their views; often have advanced reasoning and logic skills; and are passionate about their points of view.”

- *Dr. Lucy Russell*

“It’s not our job to toughen our children up to face a cruel and heartless world. It’s our job to raise children who will make the world a little less cruel and heartless.”

- *L.R. Knost*

“It is time for parents to teach young people that in diversity there is beauty and there is strength.”

- *Maya Angelou*



- Overview:

- Dysregulation
- Caregiving Types
- Types of Dysfunctional Family Roles
- Communication Styles
- Conflict Management
- What children need

# Caregiving Styles & Conflict Management

- Important for each to know:
  - What dysregulates the other caregiver
    - grief
    - conflict
    - financial strain
    - loss of routine
    - past hurt/trauma
    - increased expectations
    - added pressure
    - demand avoidance
    - overwhelmed sensory, nervous, executive functioning system
    - mood instability due to depression, anxiety, seasonal affective disorder, etc.

# Caregiving Styles & Conflict Management

- Important to discuss:
  - How each self-regulates
  - What each needs to assist in co-regulation with -
    - Each other
    - Children
- **DO NOT** expect them to know what you need:
  - People will assume others need what they need
  - This is not true -
    - Thinking this will lead to frustration, conflict, and relationship breakdown

# Caregiving Styles & Conflict Management

- Caregiving types:
  - **Authoritative** – sets firm healthy boundaries, open communication, and nurturing.
  - **Connection based Authoritative** – sets healthy boundaries where some boundaries are more lenient and/or removed at times, primary focus is on child's felt safety and for forming connection by respecting the child's autonomy, open discussion, and nurturing.
  - Authoritarian – sets strict ridged rules, closed communication, and harsh/cold.
  - Permissive – lack boundaries, open communication, nurturing.
  - Neglectful – indifferent to rules or boundaries, lacks to no communication, unavailable/cold.
- Discuss with each other which caregiving style best fits you, your partner, and the way parenting is presented to the children.
  - If you are struggling to be the parent you desire, then discuss what will help.

# Caregiving Styles & Conflict Management

- Types of dysfunctional family roles:
  - Primary dysfunctional family member –
    - Narcissist, Addict, Abuser, etc.
  - Caretaker –
    - enabler
  - Mastermind –
    - manipulates the family dynamics
  - Scapegoat –
    - is blamed for and seen as the family problem
  - Hero –
    - strives for perfection
  - Mascot –
    - the clown
  - Lost child –
    - invisible to rest of family and/or strives to be invisible

# Caregiving Styles & Conflict Management

- Important to discuss if there are any types of dysfunctional family roles in the family:
  - Created together
  - Where you came from
  - Where your partner came from
- Next discuss:
  - What role do you play in any or all family dynamics?
  - What do you feel the family needs to create more health?
  - What role can you play to encourage healthier family dynamics?

# Caregiving Styles & Conflict Management

- Define Conflict:
  - I am going to define it by:
    - Two or more people having different ideas (about how to celebrate the holidays) and struggling to compromise that can dysregulate one or more nervous systems.
      - If assertive communication is not used by all involved then communication can become passive, passive-aggressive, and/or aggressive.
- Conflict conversations to have:
  - Who or where do you have the most conflict with and why?
  - What do you feel will make it better?
  - What do you feel you can improve to help make it better?

# Caregiving Styles & Conflict Management

- Communication styles:
  - Assertive
    - listening without interrupting, clarifying what was heard, mindful about tone of voice and body language, clearly stating needs/wants, confident in expressing what is best for yourself and/or your family, and is willing to compromise.
  - Passive
    - listens quietly, soft spoken, tries to please, tries to escape, closed or withdrawn body language, disregards own wants/needs, and lacks confidence.
  - Aggressive
    - Interrupts while others are talking, uses shame and manipulation tactics, assumes they are the only one who is right, body is puffed up, towering over others, and invades others space. Can become emotionally and physically aggressive and/or abusive.
  - Passive-aggressive
    - a combination of passive and aggressive, agreeing and then making sarcastic comments, holding their agreement to compromise over your head, destroying something unknowingly to the other person involved, holds grudges, uses shame and manipulation tactics.

# Caregiving Styles & Conflict Management

- When dealing with conflict:
  - Stick to the present topic and focus on the problem and not the person.
  - Do self check-ins periodically to make sure you are staying regulated.
  - Use assertive communication.
  - Use “I” statements and do the “communication dance.”
    - I feel \_\_\_\_\_ because \_\_\_\_\_, and I would like \_\_\_\_\_.
    - What I hear you saying is \_\_\_\_\_. Is that correct?
      - If 1st person says no, then ask them to repeat, and repeat this until they agree that you understand what is being said.
      - If 1<sup>st</sup> person says yes, then share your I feel and want.
    - Repeat this until conflict is resolved or agreed to disagree.
  - Know when to take a timeout and respect when someone calls for a timeout.
    - The conversation might need to pause for several minutes or days
    - Revisit this topic once things are more neutral.

# Caregiving Styles & Conflict Management

- Conflict with others outside of the home:
  - Make sure that you and your partner present a united front.
  - Remember you chose to make a family with your partner.
    - Others can have different wants and needs than the needs of the family you have created.
    - Your partner needs safety and felt safety to maintain a healthy relationship.
      - If others have unhealthy or toxic traits, then be open to exploring how to create healthy boundaries.
      - Not supporting you and your partner in what you both feel is best for your created family can be an unhealthy trait.
        - There is a difference in not supporting and supporting by genuinely agreeing to disagree.

# Caregiving Styles & Conflict Management

- The child you care for needs you to provide:
  - safety and felt safety
    - are established when you work towards meeting your child's needs.
  - understanding that their brain is not developed enough to do it for themselves.
    - the human brain does not fully develop until early to mid-twenties
    - for neurodivergents that can be mid-twenties to early thirties.
- the example who models how to grow into the best adult version of self with acceptance and confidence -
  - Advocacy for self and others
  - Self care
  - Relationships
  - Team player
  - Regulation
  - Executive functioning

I believe this applies to all people...

***“Children want to do well, so if they are not,  
something is most likely wrong.”***

*- Dr. Ross Greene*

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# The End

- If you need a more individual experience or have personal goals that you want to work on, then schedule an individual session by contacting:
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  - 317.480.8600