

*Happy Valentine's Day*  
from The Law Office of Brigid A. Duffield, P.C.

For some, Valentine's Day is a holiday to celebrate love. For others, it is a time of grieving lost loves.

When a family is in the middle of restructuring due to separation, divorce, death, or any life-changing situation, it can be challenging to model healthy conflict resolution skills. The ability of children to resolve conflict and problem-solve is directly impacted by the example set by the adults they love, whether it is their parents, or other wonderful role models like grandparents, aunts, uncles, teachers and coaches. This is true even when the parents who are loved by the children don't love each other. When parents acquire the skill set needed to be able to model the ability to set aside differences and take the high road, they can, even when in conflict, instill positive conflict management and resolution skills in their children.

Here are a few suggestions which may help reduce conflict and model kindness, tolerance, respect and perhaps even love toward someone your children love, but who you may not even like.

- *Help your child make Valentine cards or pictures for siblings, friends, family members, teachers, and both Mom and Dad...don't just tell them to do it*
- *Help your child write a Valentine letter to their Mom or Dad (your former spouse), helping them to express how much they love them...even if you are gritting your teeth all the way through it!*
- *Give your child extra hugs and remind them that both Mom and Dad love them unconditionally...even if you think you love them more.*
- *Be supportive when your child wants to invite their parent (your former spouse) or their step-parent to participate in Daddy-Daughter dances or Mother-Son basketball games, family ice cream socials or other fun, family-oriented events...even if you are not included or they would rather be with the other*

## Upcoming Events

**February 10-11, 2018**

Victorian Valentines  
1:00 pm-3:00 pm  
DuPage County Historical Museum  
102 E. Wesley St.  
Wheaton, IL 60187  
630-510-4941  
<https://dupagemuseum.org/>

**February 10-19, 2018**

2018 Chicago Auto Show  
Opens @ 10:00 am daily  
McCormick Place  
2301 S. Lake Shore Dr.  
Chicago, IL 60616  
<https://www.chicagoautoshow.com>

**February 19, 2018**

Washington's Birthday &  
President's Day Holiday  
DuPage County Courts closed  
No Mail Delivery



parent.

- Purchase small treats, make it a joint project with your child to bake cookies or cupcakes for family members and school mates. When you reinforce compassion, thoughtfulness, and respect for everyone, including former spouses, you are teaching your child life skills that will be valuable to them each and every day - for the rest of their life....even if the other parent doesn't.



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*Sending our very best wishes for a Happy Valentine's Day and speedy and peaceful resolutions to all your conflicts!*

*Sincerely,*

***Brigid A. Duffield***

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