



Choose Your Battles

Is It Worth It?

Goal: Relationships take work for everyone. Disagreements are natural and a part of learning.

When conflict arises, decide if you have the time and energy to deal with it at the moment.

[Tip]: Wait for the right time to bring up an issue, or decide if it needs to be brought up at all.

[Video Tip]: https://youtu.be/eZvYwmbye_c?list=PL_WI_kJLxfpfl-Aan92_eHpaydzM0q3C

Why is this important? Life is busy. Choose whether there is time to teach a lesson or whether it can wait.

References: MacLeod, S. (2000, 03). Don't sweat the you-know-what: When you and your kids are constantly bickering, it's time to pick your battles. *Today's Parent*, 17, 44. Retrieved from <https://uwinnipeg.idm.oclc.org/login?url=https://www-proquest-com.uwinnipeg.idm.oclc.org/magazines/dont-sweat-you-know-what-when-your-kids-are/docview/232894554/se-2>