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# 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 midst of a restructuring due to separation, divorce, death, or any life-changing situation, it can be challenging to model healthy conflict resolution skills. Children's ability to resolve conflict and problem solve is directly affected by the examples set by the adults they love, especially their parents, even if they also have other wonderful role models like grandparents, aunts, uncles, teachers and coaches. This is true even when the parents who the children love don't love each other. By modeling the ability to set aside differences and take the high road, parents in conflict can instill positive conflict management and resolution skills in their children.



Here are a few suggestions which may 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's** for siblings, friends, family members, teachers, and both Mom and Dad.
- **Help your child write a Valentine letter** to their Mom or Dad, your former spouse, helping them to express how much they love them.

## Upcoming Events

### **DCBA 42nd Annual Judges' Nite**

Friday

**March 3, 2017**

5:30 pm Cocktail,

7:00 pm Show

Belushi Auditorium

College of DuPage

425 Fawell Blvd

Glen Ellyn, IL

for more info

[www.dcba.org/events/judgesnight](http://www.dcba.org/events/judgesnight)

630-653-7779

### **DCBA St. Patrick's Day Luncheon**

Friday

**March 17, 2017**

12:00 pm- 2:00 pm

Cooper's Corner

(The Former Viking!)

Featuring

**Irish Tenor Gavin Coyle  
& McNulty Irish Dancers**

27W150 Roosevelt Rd

Winfield, IL

for more info and to register

[www.dcba.org/event/celtic](http://www.dcba.org/event/celtic)

630-653-7779

### **Midwest Shelter for Homeless Vets 10-Year Anniversary Gala**

Sunday

**April 30th, 2017**

4:00 pm - 8:00 pm

Arrowhead Country Club  
in Wheaton.

for more info and tickets contact

Jane at the Midwest Shelter

630- 871-8387

<http://www.helpaveteran.org/>

- **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.
- **Purchase small treats or bake cookies or cupcakes** for family members and school mates. Reinforcing compassion, thoughtfulness, and respect for everyone, including former spouses, are valuable life skills for all year long.



<http://www.wheatonchamber.com/>



**The DuPage Family Center is looking for part time mediators for more information contact**

**Judy Hart**

**630-880-6601**

<http://www.dupageco.org/>

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

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