

# Family mediation

## Parents and mediation

As a parent do you...

- have a child that's been in trouble with the Police, Social Services, a teacher or someone else in authority?
- get sick and tired of shouting at the young people in your family?
- worry that they are being influenced by the 'wrong crowd'?
- struggle to hold a decent conversation with your child- it always erupts into an argument?
- feel that your child is disrespectful of you and others in the family?
- worry that your child won't/can't get on with their schoolwork and often doesn't want to attend school?



## As a parent you can...

- use mediation to help you and your children approach your differences in a calmer manner.
- Better communicate with your child through the mediation process and understand who is influencing their choices.
- use mediation to understand what is troubling the young person in your family and find the underlying cause of the 'real problem'.
- learn mutual respect for one another through the mediation process.

**Get in touch with us and we can help you with all these things!**



## Family mediation

As a family member, you can help people within your family resolve their conflicts or help yourself with any conflicts you have with family members.

As a family member engaged in mediation you too will gain the following skills:

- Co-working (working with someone else).
- Learn how to handle strong emotions.
- Learning how to separate facts and feelings.
- Become an active listener (giving your full attention to the person speaking).



- Learn how to summarise (repeating back in your own words the main points that the speaker has made).
- Demonstrate empathy (reflecting back the feelings and experiences of the speaker).

**Contact us to find out how our  
free-of charge services can help you:**



[ashfordmediation.co.uk](http://ashfordmediation.co.uk)



[facebook.com/AshfordMediationService](https://facebook.com/AshfordMediationService)



[twitter.com/ams\\_mediation](https://twitter.com/ams_mediation)



[instagram.com/ams\\_mediation](https://instagram.com/ams_mediation)



[youtube.com/@AshfordMediationService](https://youtube.com/@AshfordMediationService)



[ashfordmediationservice.blogspot.com](http://ashfordmediationservice.blogspot.com)