



Collaborate Counseling: August Newsletter:

Hello,
I hope everyone is enjoying the summer and getting ready for school to start? As I was searching and doing research for this newsletter, articles came across my desk that I believe have a profound impact on families ranging from parenting, co-parenting and a 50 plus year longitudinal study on corporal punishment that I wanted to share. I also believe that Ester Perel's Blog brings a funny and insightful twist to couples and they struggle with partnering on a day to day basis. I hope you find her helpful? Enjoy this month's latest findings.

Carolyn



**Ester
Perel
speaks :**

[Ester's Blog:](#)

[How to be Assertive Without Being Aggressive](#)

"So, shift the way you think about compromise and collaboration, and welcome dialogue. Asserting yourself with confidence will come from being open to input. You'll be surprised by how much power comes from conversation.

[50 years of Spanking Research! Here is what it says!](#)



[Successful Co-Parenting Tips:](#)

40-50% Marriages end in Divorce and that number is going down. However, many clients, want to help their children flourish the best that

The behavior that parents are trying to avoid or deter by spanking is more likely to become more prevalent and persistent the more they spank.

"We as a society think of spanking and physical abuse as distinct behaviors," she says. "Yet our research shows that spanking is linked with the same negative child outcomes as abuse, just to a slightly lesser degree." ([Kristin Phillips, College of Natural Sciences, 512-232-0654.](#))

This is one of the first longitudinal studies with fascinating, important information for our children

(720) 708-4865
carolyn@collaboratecounseling.com

