



“You don’t need to weather the storm alone”

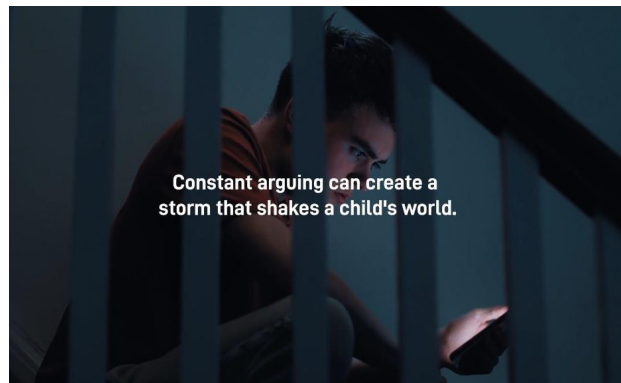
Do you ever worry about the atmosphere in your home?

It is normal for two parents or carers to have different ideas, opinions, values, and priorities. Part of being successful in a relationship with another person is being able to use appropriate communication skills, so differences of opinion can be worked out using healthy conflict resolution strategies.



If parents or carers do not communicate effectively with each other, it can result in chronic, unresolved conflict between them. The same patterns of angry confrontations are repeated over and over again with often no resolution or changes taking place.

This conflict can range from yelling, criticising, blaming, put-downs, mocking, sarcasm and ignoring, but poorly managed this can escalate to domestic abuse such as threats of harm, throwing or destroying things, and physical violence such as grabbing, shoving and hitting.



What can cause Parental Conflict?

At different times in a families' life, parents can experience any number of life stressors, including; bereavement; a new baby; separation or divorce; financial difficulties; drug and alcohol issues; and mental health problems; all of which can lead to arguments relationship distress. If unresolved this conflict can become long term and unresolved.

<https://www.youtube.com/watch?v=8FXLqmGskqs>

How does it impact children and young people?



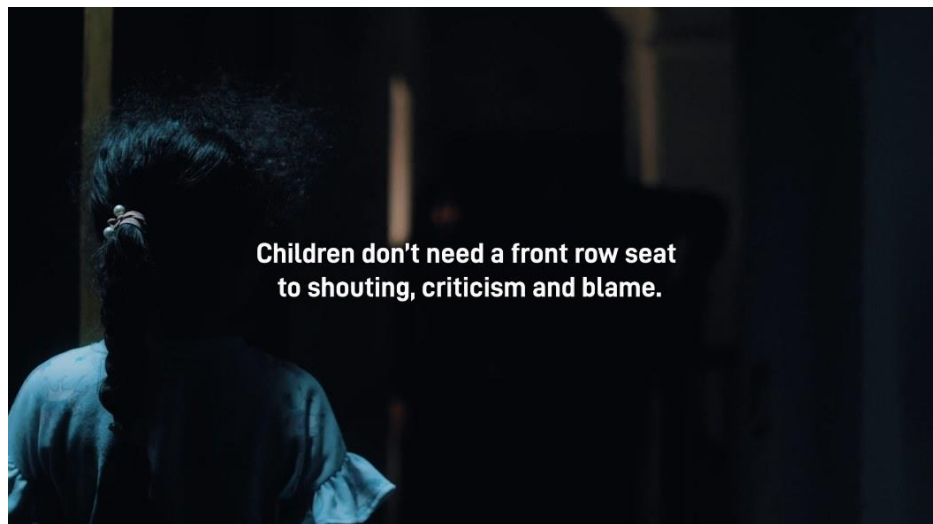
Frequent, intense and poorly resolved conflict between parents and carers can place children at risk of mental health issues, and behavioural, social and academic problems. It can also have a significant effect on a child's long-term outcomes.

There is a strong body of evidence to show how damaging parental conflict can:

- harm children's outcomes, even when parents manage to sustain positive parent-child relationships.
- put children at more risk of: having problems with school and learning
- negative peer relationships
- physical health problems
- smoking and substance misuse
- mental health and wellbeing challenges

The risks can also have an effect on long-term life outcomes such as:

- poor future relationship chances
- reduced academic attainment
- lower employability
- heightened interpersonal violence
- depression and anxiety



I am worried about the atmosphere at home, where can I go for support?



Solihull online Parenting programme.

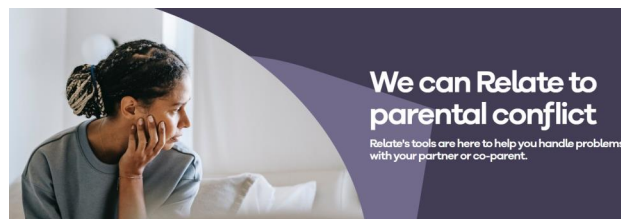
Understanding your relationships. <https://inourplace.heiapply.com/online-learning/course/53>

Password is Purplebin



Everyone needs a hand with their relationship sometimes. Add kids into the mix, and there can be lots of extra pressure on you both, as you juggle looking after yourselves and your little (and not so little) ones.

<https://relationkit.co.uk/>



Chat to the RelateBot

Share what you're going through and get answers, support, and advice to help you get through conflicts with your partner or co-parent.

<https://chat-update-relate.pantheonsite.io/reducing-parental-conflict>



Family Hubs and Children's Centres

<https://fisd.liverpool.gov.uk/kb5/liverpool/fsd/family.page?familychannel=3>



Family Mediation Services

<https://www.familymediationcouncil.org.uk/>

Families can see if they qualify for legal aid and apply for mediation vouchers via

<https://www.gov.uk/guidance/family-mediation-voucher-scheme>



Separating better: digital support for separating parents

Are you a parent going through separation? *Separating better* is a brand-new mobile app, which can help guide you through the separation process, find effective ways of co-parenting, and sort out disagreements, all with the wellbeing of your child in mind.

<https://www.oneplusone.org.uk/separating-better>

If you require further information please contact:

Name: Michelle Lea

Healthy Relationships Coordinator

Liverpool City Council

healthyrelationships@liverpool.gov.uk