

Relationships are difficult for everyone at some stage – especially parents, regardless of whether they are together or separated.

Relationship challenges for parents can affect your child's behaviour, emotions and feelings, both now and in the future.

Support

Local family centres have staff and groups that can help and support you through this. They can signpost you to organisations and provide advice and the right support to enable you to make positive changes for you and your family.

East Newport Family Centre (Hub)

Tel: 01983 529208

Email: IOWfamilycentres@barnardos.org.uk

Facebook: Isle of Wight Family Centres

If you have difficulty understanding this document, please contact us on 01983 821000 and we will do our best to help you.

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Reducing parental conflict

Advice for families

Most of us disagree at times in our relationships and not all conflict is damaging. But it can become an issue when it is frequent or poorly managed.

Parental conflict in relationships can occur in all types of families – between biological parents, step parents, foster and adoptive parents, and grandparents – regardless if they are living together or separated.

Parental conflict is very different to domestic abuse. No-one should ever make you feel threatened or unsafe; if this is the case there are many organisations and services that are there to support you at [iwight.com/domesticabuse](http://www.iwight.com/domesticabuse)



The impact on children

When children witness adults who shout loudly, argue a lot, or ignore one another frequently or for long periods of time, it can have a negative impact on children's self-esteem, mental and physical health, behaviour, academic achievements, and future relationships with others. Research suggests this can affect how we parent our children and the quality of time we spend together.

Top three tips for families

Try to spend quality time together and remember it doesn't have to cost money.

Talk to each other about how you feel and remember to listen.

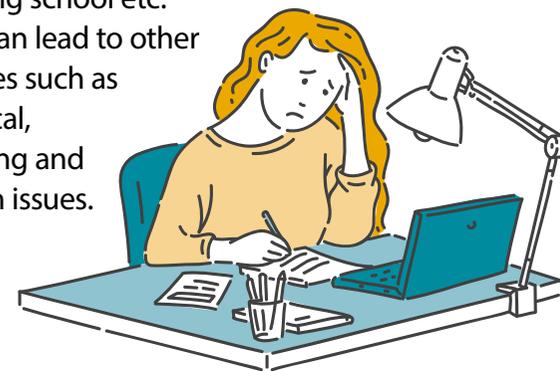
Consider and ask each other's views and be willing and open to compromise.

As adults we are role models for our children, so if we are able to remain calm and respectful while addressing any disagreements we may have, it provides our children with all important life skills for future interactions with others.

Causes of parental conflict

Life is sometimes challenging and stressful, and all parents can come under pressure from time to time. Families are most at risk of parental conflict during key transitions in life, such as separation, bereavement, new babies, children starting school etc.

This can lead to other worries such as financial, housing and health issues.



Remember all good relationships have to be worked on, and develop and grow in stages. Children don't come with a manual and we are all unique and different.

Sometimes we need to take time to work out what works well for us, and transfer this knowledge in other areas of our life. If we keep communication open and do this together with a sense of equality in our relationship then our children will be happy will learn important tools for life.