

We all have arguments

How do you solve yours?

We all argue – but do we always feel that arguments are resolved in a way that leaves everyone feeling okay?



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It is normal for parents to argue (whether you're together or not). Things that affect you as an adult can include...



Lack of Communication



Job loss/
Finances



Moving home



Births



Injury/Illness/
Deaths



Parenting/
Who does what



Separation/
Loss



Friends/
Family

Things that affect your children that may also impact on you can include...



Starting/Moving school



Additional needs



Issues at school



Illness



Bullying



Friendships



New family members



Emotional health and wellbeing

In arguments do either of you find yourself saying...

You always do this

You're always at work

That's not what I said

You don't know how I feel

It's your fault

You never listen

You always give in to him/her

It's always down to me

You always overreact

You don't support me

How do arguments leave you feeling?

Angry

Fed up

Resentful

Frightened

Down

Anxious

In control

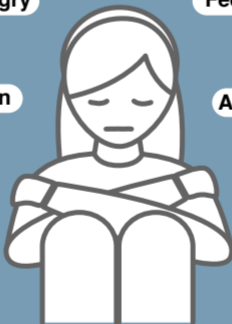
Responsible

Stuck

Worthless

Hurt

Out of control



When arguments are frequent, heated and not resolved they can affect your child in many ways.

Poor attainment

Poor sleep

Sad

Scared

Angry

Poor attention

Withdrawn

Feel responsible

Lack of friendships



Children are like sponges and absorb everything around them (even when you think they're not listening). Resolving your arguments will mean your child will:

- Be happier
- Worry less
- Sleep better
- Be more resilient
- Feel more secure and stable
- Have better and more trusting relationships
- Learn how to manage conflict
- Learn how to resolve arguments
- Focus at nursery/school

Healthy Parental Relationships

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Who's it for?

We can support anyone who has a significant caring responsibility for a child, including parents who are:

- in a relationship
- separated or divorced
- biological or step-parents
- foster or adoptive parents
- same sex parents



Is this for me?

- Do you feel listened to?
- Do your arguments seem to go round in circles?
- Can conversations make you feel tense or frustrated?
- How do you react?



How could the Healthy Relationships course help?

Tools and techniques

Building on your strengths

Communication

Bringing the focus back to the children techniques

Getting back on track

Coping with separation/divorce

How we support parents



You will be with other parents in a small group.

It's not therapy or counselling and you are the expert in your relationships.

We recommend this is completed prior to the Triple P Course.

What next?



If you would like to find out more about the Healthy Relationships course contact your local Children and Family Wellbeing Centre by scanning the QR code on the next page. Alternatively contact Talkzone who will pass your details onto your local centre who will be in touch.

**Tel:0800 511111, Text: 07786 511111,
or email talkzone@lancashire.gov.uk**

lancashire.gov.uk/family

