

# Healthy Parental Relationships Newsletter: January 2024

Welcome to Lancashire's bi-monthly newsletter providing you with information and news on the parental conflict agenda. In this edition we will be focussing the fundamental research by Gordan et al (2016). The fundamental findings are noted below. Please feel free to contact me for further discussions or to be added to my mailing list: [michelle.herbert@lancashire.gov.uk](mailto:michelle.herbert@lancashire.gov.uk)



‘The quality of the inter-parental relationship, specifically how parents communicate and relate to each other, is increasingly recognised as a primary influence on effective parenting practices and children’s long-term mental health and future life chances’.



‘The wider family environment is an important context that can protect or exacerbate child outcomes in response to exposure to inter-parental conflict. In particular, levels of negativity in parenting practices can exacerbate or moderate the impact of inter-parental conflict on children.’



‘Parents/couples who engage in frequent, intense, and poorly resolved interparental conflicts put children’s mental health and long-term life chances at risk’



‘The quality of parental relationships, level of parental stress, and quality of family functioning also have a significant impact on children’s well-being, in both intact and separated families. Family structure, family breakdown, and family relationship quality are all closely intertwined’



‘There are significant long-term personal and social benefits of improved childhood mental health, and that these may be improved by working to promote the quality of the inter-parental relationship’



‘Children of all ages can be affected by destructive inter-parental conflict, with effects evidenced across infancy, childhood, adolescence, and adulthood.’



# Free training for all professionals working with children, young people & their families: January to March 2024

To find out more and sign up please click on the course title

## Reducing Parental Conflict E Learning:

4 Modules, 30-40 minutes per module completed in your own time and at your own pace.

To access register on astute:

- LCC - <https://lancashire.astute-elearning.com/>
- Schools - <https://lccschools.astute-elearning.com/>
- External/public - <https://lccexternal.astute-elearning.com/>

## Relationship Toolkit: Reducing Parental Conflict

A day's course exploring what parental conflict is, how this differs from domestic abuse, what the research tells us and exploring the pan-Lancashire evidence-based toolkit to use in practice. To sign up:

[Early help training for practitioners - Lancashire County Council](#)

## Online Half Day Courses

**Having Courageous Conversations: Parental Relationships.** To sign up: [clickDelegate \(lancashire.gov.uk\)](#)

**Working with Separated Parents.** To sign up: [clickDelegate \(lancashire.gov.uk\)](#)

**Parental Relationships when children have SEND.** To sign up: [clickDelegate \(lancashire.gov.uk\)](#)

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Free support is also available for all parents in Lancashire. To find out more please click the following link for [arguments-in-parental-relationships website](#)

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## Relationship Week: 5<sup>th</sup> to 10<sup>th</sup> February 2024

Children & Family Wellbeing Service teams are planning special activities for relationship week in February. If you would like to find out more or get involved, please contact your district relationship champion or [michelle.Herbert@lancashire.gov.uk](mailto:michelle.Herbert@lancashire.gov.uk)