

# Connecting Families



Walsall Council

Conflict in relationships between parents is normal, and can happen between parents that are together and those separated. When conflict becomes destructive- arguments that are frequent, intense or poorly resolved it can harm children's outcomes. By contrast, constructive conflict - where there continues to be respect, controlled emotions and good resolutions - is linked to positive outcomes for children.

This leaflet can help you think if your relationship between yourselves as parents / co parents is Constructive or Destructive. Start by asking and answering the 3 F's questions and reading through this leaflet.

**Frequency** – How often is your arguments happening, daily, weekly, monthly?

**Feelings** – How are you left feeling?

**Feedback** – Is the conflict every resolved, how and what happens to resolve it?

## How do you solve your arguments?

It is normal for parents to argue (whether they are together or not things that may affect us as an adult include:



Lack of communication



Moving home



Illness and deaths



Separation / loss



Finances



Births



Parenting



Family / Friends

Things that affect your children which may also impact you are:



How do arguments leave you feeling?



When arguments are frequent, they can leave your child feeling:



By resolving arguments your child will:



Be happier



Build better relationships



Be more resilient



Feel secure and stable



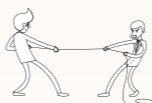
Sleep better



Learn how to resolve arguments



Worry less



Learn how to manage conflict



Focus more at school

# A good place to start is to think about...

How might your children feel when you argue?

WHAT HAPPENS WHEN YOU ARGUE?

IS IT ALWAYS ABOUT THE SAME THINGS OR SOMETHING DIFFERENT?

HOW DO YOU BOTH REACT?

WHAT TRIGGERS THE ARGUMENTS

IS THIS THE RIGHT TIME TO TACKLE THE ISSUE?

## What's Next?

CONSIDER USING 'I FEEL' INSTEAD OF 'YOU DID/SAID'

IF YOU FEEL THAT YOU HAVEN'T HANDLED THINGS WELL THEN TELL THE OTHER PERSON THIS

TRULY LISTEN TO THE OTHER PERSON

STOP TRYING TO GET YOUR OWN WAY

REACH A COMPROMISE

LEAVE THE ARGUMENT WHERE IT IS AND PICK THE DISCUSSION UP AT ANOTHER TIME

## Once you clarify the issue you might want to consider



Is there a solution?  
Who does what?

Change?...

What small things can you both change



When you are both calm, ask each other what could you have done different



Check that you both agree/disagree



How can you both ensure things are shared fairly?

If you feel you would like support or further information please contact the early help hub on:  
**0300 555 2866**

Or visit:

[www.mywalsall.org/walsallearlyhelp/rpc/](http://www.mywalsall.org/walsallearlyhelp/rpc/)