

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.



Relationkit.co.uk is a free online resource that gives parents and carers some support with their relationship.

There are videos, mindfulness sessions and downloadable cards to help with some common issues like struggling to communicate well with your partner, raising children together, and parenting after separating. **Please note that these tools have not been developed for parents experiencing domestic abuse.**

FREE ONLINE PROGRAMMES

Me, You and Baby Too - This programme helps new and expectant parents adapt to the changes that parenthood can have on their relationship, while raising awareness of the impact of stress on baby and each other. Parents completing this course will develop the skills to manage disagreements more constructively which supports them through the transition into parenthood.

Arguing Better - This programme is for couples that are together who want to learn skills to cope with stress together and manage conflict more constructively. The programme builds awareness of parental conflict and the effect this has on children.

Getting it Right for Children - This programme is for separated parents and helps to develop positive communication skills, so that they can parent co-operatively and work out solutions together. The programme builds awareness of the effect of parental conflict on children.

For the link to access the free programmes please see below contact details.

SUPPORT

Whether you are in a relationship or separated we can provide advice on resources and groups that can help support you through difficult times to enable you to make positive changes for you and your family.

Contact details:

Querida Villiers
Sutton children’s centre
01744 673420

Email: ParentingTeam@sthelens.gov.uk



FAMILIES IN HARMONY

FINDING SOLUTIONS TO FAMILY DISPUTES



ST HELENS
BOROUGH COUNCIL

TRIPLE P - PARENTING PROGRAMMES

Enhanced parenting programme (for parents still together in a relationship)

If you have already completed a parenting programme then you can access the Enhanced programme. You will choose up to three mini-courses (three 90 minute sessions in each mini-course) from a selection of courses to suit your relationship needs.

Transitions (for parents who are separated)

For parents who need extra support to adjust and manage the transition of separation or divorce. Learn skills to resolve conflict, talk to children and cope with stress. The course consists of five, two hour, sessions. Parents attend the programme separately.

The programmes are delivered over 5 weekly sessions with the support of trained facilitators.



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.

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.

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.

Safe to Speak
(St Helens 24 hour refuge & support)
01925 220541 www.safe2speak.co.uk

For further information visit:
www.sthelens.gov.uk/article/3167/Help-and-advice-about-domestic-abuse

In an emergency situation, call 999.

