

Healthy Parental Relationships Newsletter: November 2023

Welcome to Lancashire's bi-monthly newsletter providing you with information and news on the [parental conflict agenda](#). Parental relationships, in terms of how we communicate and relate to each other is increasingly recognised as a primary influence on children and young people's mental health and long-term future outcomes. In this edition we will briefly consider how arguments affect children & explore some of Lancashire's evidence-based support offer. Please feel free to contact me for further discussions or to be added to my mailing list. Kind Regards michelle.herbert@lancashire.gov.uk



Children who see their parents frequent, intense & poorly resolved arguments may learn:



- To be more argumentative and refuse to listen.
- They may become avoidant of disagreements with feelings of being overwhelmed.
- They may struggle with sibling, peer and romantic relationships.
- They may learn to expect the next argument even at times when the parental relationship has improved, particularly if they have not observed this being resolved. This may develop into a belief and the wait for the next argument that may affect their feelings of safety, security, and stability.
- They may view the home as a place where there are frequent arguments and as they age, they may choose to spend more time away from the family home. They may take this belief into their adult relationships which can lead to self-sabotage of relationships to protect themselves before the argument occurs.
- They may see or feel tension. They do not understand adult relationships and may feel anxious, scared or helpless. They may worry about taking sides and may feel responsible for the arguments with feelings of guilt.

Lancashire free multi agency training. To find out more and sign up please click on the course title

[Relationship Toolkit: Reducing Parental Conflict](#)
[Parental Relationships when children have SEND](#)
[Astute E-Learning: School Link](#)

[Working with Separated Parents](#)
[Having Courageous Conversations](#)



Lancashire
County Council

Lancashire's Parental Relationships Support Offer: Amity Toolkits

Pan Lancashire Relationship Toolkit

Booklet of Resources for all Lancashire's volunteers & practitioners. There is no right or wrong way to use the toolkit. It's designed for maximum flexibility. [Click HERE to access the free training](#)

Healthy Relationships Groupwork Course Delivered by Children & Family Wellbeing (CFW) Service

A 6-week course for any individual with significant caring responsibility for a child. It's not counselling, or therapy & we do not expect individuals to talk about what's happening for them. Included in the content is communication, stages of relationships and how relationships affect children. It encourages self-reflection and leaves parents with tools and techniques that may support them and their families.

Scan me to watch the animation



"I feel this is a really good course & I've really enjoyed coming.. when you're living it you don't see what is going on, but when you are on the course, you are able to take a step back, see it from another perspective & you see how you could have done things differently. It made me think about how I communicate with my partner & it made me realise that communication is the key to everything"

Scan me to find your nearest CFW team



Family Support

Six-week support sessions for couples or individuals who are separated (parenting co-operatively when separated) or who are together (structured support sessions for intact couples). This is for families open to on an early help plan with children and family wellbeing service. Families open to children social care may also be able to access this support.

Gottman (1993) Four Horseman



[Click HERE to watch video](#)

putting children IN THE middle



Lancashire's Parental Relationships Support Offer: One Plus One

Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents



"It help me to understand that the way parents speak to each other matters and might have negative impact on children. The most important is to use different tactics to improve the way of the communication to resolve conflict with positive effect on child/ children wellbeing."

You Tube Videos

[A child reflects on how she feels when her parents argue](#)

[Children talk about how their parent's arguments might affect their adult relationships](#)

[A child describes how he feels when he hears arguments](#)

[A child describing her feelings](#)

[Listening](#)

[Thoughts, Feelings & Behaviours](#)

[Lucas Family Trailer](#)

If your organisation would like further information on supporting parental relationships, please contact
michelle.Herbert@lancashire.gov.uk