

# Update No 4 on the Reducing Parental Conflict Project

## What is the project about?

The Reducing Parental Conflict Project, sponsored by the Department of Work & Pensions, aims to increase awareness and provide support & training for practitioners.

There is strong evidence that conflict between parents – whether together or separated – can have a significant negative impact on children’s mental health and long-term life-chances. Not all conflict is damaging, but where this is *frequent, intense and poorly resolved it can harm children’s outcomes*.

Addressing couple conflict and the quality of parental relationships is a critical component of improving outcomes for children. Parenting interventions for families without addressing parental conflict are unlikely to be effective or improve outcomes for children.

## Reducing Parental Conflict Practitioner Training

If you did not manage to attend one of the recent Reducing Parental Conflict Practitioner Training Sessions you are invited to attend one of the following virtual briefings. These sessions will aim to provide an overview of all three modules of the Reducing Parental conflict training:

- **Understanding Parental Conflict and it’s Impact on Child Outcomes**
- **Recognising and Supporting Parents in Conflict**
- **Working with Parents in Conflict**

<b>Thursday 28th January 21</b>	<b>Tuesday 16th February 21</b>	<b>Monday 15th March 21</b>	<b>Tuesday 27th April 21</b>
<b>1.00pm - 3.00pm</b>	<b>10.00am-12.00pm</b>	<b>10.00am-12.00pm</b>	<b>10.00am – 12.00pm</b>

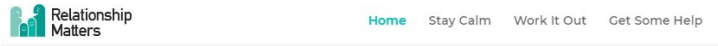
**[Click here to book your place!](#)**



# Relationships Matter

## Regional Website—Top Picks!

**Relationship Matters** is a new regional website to help families who may be having relationship difficulties. The website provides a whole range of great links and resources to support families and the practitioners who are working with them. Here are some of our top picks! <https://relationshipmatters.org.uk/>



### Do you recognise any of these things?

- Are you arguing, having rows, shouting all the time with each other about things like, money, how you parent or housework?
- Are you worried about splitting up?
- Is there sulking, silent treatment, slamming doors or walking away from each other?
- Are you anxious or worried and is this getting in the way of managing everyday life?
- Are you not able to say sorry after an argument and move on?
- Are you using hurtful texts, emails or social media against each other?



The **home page** has links to helpful videos that could be used for direct work with families. One video recognises the signs of conflict whilst the others look at the impacts on children.

### Watch more videos from seeitdifferently.org

#### Maddie's Family



Watch Maddie's Video

#### Chloe's Family



Watch Chloe's Video

#### Jag's Family



Watch Jag's Video

#### Mahmoud's Family



Watch Mahmoud's Video

The **stay calm** section includes links to anger management, breathing exercises & top tips



Home **Stay Calm** Work It Out Get Some Help

### Calming down in the moment

**Stop what you're doing.** If you're already feeling stressed stop arguing with your partner. Sometimes, even taking a few seconds before you head back into the situation can be enough to help you cool down.

- Before you reply in a heated conversation or situation, try counting to ten or take a break
- If an argument with your partner is getting heated, stop and excuse yourself for a moment by saying something like, "I'm feeling a little overwhelmed right now. I need to take a 15-minute break before we continue discussing this." Go to a different place, or another room to calm down.



Home Stay Calm **Work It Out** Get Some Help

VISIT [verywellmind.com](http://verywellmind.com) FOR MORE INFORMATION



### Listen to your child / children

**Listening** – It's not as easy as it sounds. You might hear something you don't want to hear such as that your child is unhappy. You might hear something that will make you want to change. To talk with somebody, you've got to listen.

Listening carefully is how:

- you gather information about what's going on in your child's life and head.
- the first step in solving problems is listening which can teach you a lot about what needs to change.
- children are smart and generally know how arguing is affecting them you just need to listen.

VISIT [familyeducation.com](http://familyeducation.com) FOR MORE INFORMATION

The **work it out** tab has a link to click relationships where further support can be obtained through online chat rooms/click listener. There are also lots of useful resources around parenting/relationship

The **get some help** section has heaps more information and links to sites such as Relate, Action for Children and Cafcass.

## Working Well with Separated Parents to Improve Children's Lives

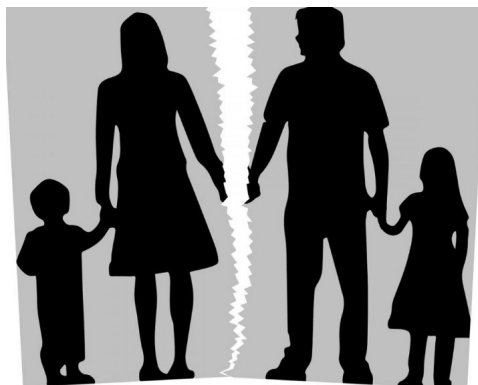
At the end of November over 500 of practitioners were able to log on to two webinar events to explore what is working well and developments within the Parental Conflict arena. The webinar was hosted by the DWP with speakers from CAFCASS, Family Justice Young People's Board, Ministry of Justice, Race Equality Foundation, Willans LLP Solicitors and Action for Children. Geraldine Waugh from Barnardo's provided feedback from the event:

### **Improving Systems of Support:**

Creating a system of support designed around children and families' needs and what a future system could aspire to was explored along with an overview of the MOJ commitments to family court reform .

As an attendee it gave me the opportunity to think about how we support parents and children at a strategic and legal level, ensuring that we hear the voice of the child. One of the clear messages was that where possible conflicting parents should have access to a programme to support them understand the impact their behaviour is having on children and to positively resolve their issues in order for the case not to end up in an expensive court hearing.

CAFCASS have developed a range of tools readily available to help and support parents and practitioners develop a Parenting Plan along with other [helpful resources](#).



### **What works for Families:**

Some great resources were highlighted:

One Plus One/Cafcass Co-parent Hub—<https://cafcass.clickrelationships.org/>

Welcome greater integration at policy and service delivery levels. “What about me” review of services to Separating Families has asked for the creation of a ‘Supporting Separating Families Alliance’ (‘SSFA’ or similar) <https://www.judiciary.uk/wpcontent/uploads/2020/04/PRIVATE-LAW-WORKING-GROUP-REPORT.pdf>

Encourage practitioners and strategic lead to sign up to the RPC Knowledge Hub Platform - <https://khub.net/web> and join the Community of Practice.

## Me, You & Baby Too

Ifrat Ahmad, Parenting Worker West Family Hub provided feedback on the recent Me, You & Baby Too webinar:

### What is Me, You and Baby Too?

**MYBT** is an online programme designed to help new and expecting parents cope better with the relationship changes they may experience when a baby arrives. Research tells us that relationship satisfaction is often at its lowest when a couple first become parents. MYBT helps them to develop the skills they need to cope better with stress together, to listen effectively and consider the triggers behind different thoughts, feelings and behaviour

Ifrat confirmed that attendees of the webinar commented very positively about the Me, You and Baby Too app. The programme supports couples to resolve issues in a safe way, where both can talk and understand each other and their feelings whilst ensuring that the baby is getting love, attention and time for positive bonding. The Family Support Workers who have applied this tool with families received very positive responses and great comments from the couples whom they used it with.

Practitioners can use this digital intervention to refer parents to work through on their own or integrate it with other aspects of your service and accompany them through the programme step-by-step. The supporting **practitioner guide** can compliment any previous reducing parental conflict training.

### How do I access it?

MYBT is available here - <http://bit.ly/mybt-course> and the supporting guide for practitioners can be found on here - <https://www.oneplusone.org.uk/mybt-guide>

## Further information & Support

**Support and further information can be found using the following links:**

<https://www.relationshipmatters.org.uk> - a great source of advice, guidance and links to support.

<https://reducingparentalconflict.eif.org.uk/> Central base of parental conflict evidence and tools.

<https://www.oneplusone.org.uk/> Gives information, access to 24/7 phone line and online chat/parenting support.

<https://www.tavistockrelationships.org/> Advanced practice, training and research to support couples, individuals and families. Online relationship help available.

<https://www.relate.org.uk/> - Relationship support provider. Can offer support over the phone or through online chat services

<https://click.clickrelationships.org/home/all-issues/> - Online relationship support and advice.

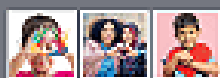
<https://parents-and-drinking.clickrelationships.org/> - Great resource focused on stress and alcohol.

### Family Mediation Services in Bradford & District (Legal Aid Approved Providers)

<https://www.wyfms.co.uk/>

<https://www.williscroft.co.uk/>

<https://www.switalskis.com/personal-law/family-law/>



children AT THE heart OF all we do

