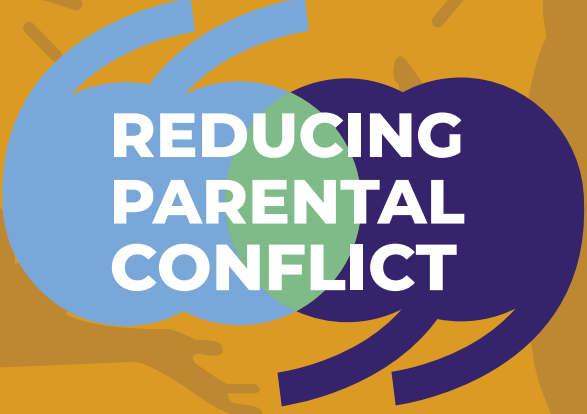




Liverpool  
City Council



**REDUCING  
PARENTAL  
CONFLICT**

**Advice**

**for families**





**Relationships are difficult for everyone at some stage, especially parents or carers regardless of whether they are together or separated.**



**Do you recognise any of these in your relationship?**

- 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 unable to say sorry after an argument and move on?
- Are you using hurtful texts, emails or social media against each other?

**It's important that as a parent or a carer you think and talk about your relationship so that you don't fall into a crisis.**

## **What does parental conflict mean?**

Most of us disagree in our relationships sometimes. Conflict between parents or carers is normal and not all conflict is damaging. But if it happens a lot or it isn't well managed it can become an issue.

Parental conflict can happen in all types of families – between biological parents, stepparents, foster and adoptive parents, and grandparents – whether 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 you are in this situation there are many organisations and services that can help. For further information, please search for Liverpool Family Information and SEND Directory where you will find a list of services.

## **Causes of parental conflict**

Life is sometimes challenging and stressful, and all parents come under pressure from time to time. Families are most at risk of parental conflict during key life changes, such as separation, bereavement, new babies, or children starting school. This can lead to other worries such as financial, housing and health issues.

Remember all good relationships must be worked on and develop and grow in stages.

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 of conflict on children**

When children see adults who shout, argue a lot, or ignore one another frequently or for long periods of time, it can have a negative impact on their self-esteem and on their mental and physical health, behaviour, academic achievements, and future relationships.

As adults we are role models for our children, so if we can remain calm and respectful while addressing any disagreements, it gives our children important life skills.

## How to get support

Liverpool Children's Centres and the Early Help Service can offer advice and support to you to enable you to make positive changes for you and your family.

Further information please contact our healthy relationships co-ordinator [healthyrelationship@liverpool.gov.uk](mailto:healthyrelationship@liverpool.gov.uk)

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