

Everyone has arguments.

They are a normal part of family life and relationships.

How do you solve yours?

Do you always feel that arguments are resolved in a way that leaves everyone feeling ok?



www.suffolk.gov.uk/RelationshipSupport

It's normal for parents to argue (whether together or not)

Things parents may argue about include:

- Parenting / Who does what
- Different opinions or parenting styles
- Lack of communication
- Job loss or finances
- Friends or Family
- Education
- Separation or loss
- Moving home or school
- Injury or illness
- Emotional health and wellbeing



Arguments are like fire

The logs



What issues do you argue about most?

Common ones are money, friends, housework, sex, children.

The match



What usually starts an argument?

It's often something small: the wrong tone of voice and not listening to each other.



Add Fuel



What makes it worse?

Raising your voice and saying hurtful things.

The Water



What can you do to calm things down?

Taking a break, listening and having a hug.

A few things to try:

- 1) Think about what your logs might be
- 2) Next time you argue, try to notice when you're adding fuel
- 3) See if you can water things down before the argument escalates

When arguments are frequent, heated, and not resolved they can affect your child in many ways:

- Low self-esteem
- Poor attention
- Lack of friendships
- Sad or Angry
- Sleeping Difficulties
- Depression or anxiety
- Behavioural problems
- Affect learning
- Poor physical health



The following **Getting on Better Cards** will help you think about how better communication can help to deal with conflict more effectively.

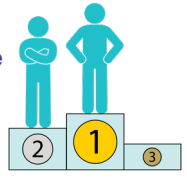
Parent Roles

When parents separate, they sometimes do things that can put their children in difficult positions. Do you recognise these behaviours?

Provoking your child's other parent



Competing to be the favourite parent



Badmouthing your child's other parent



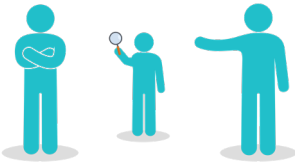
Not letting your child talk about the other parent



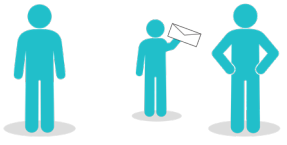
Child Roles

When parents separate, children can often feel like they're being put into these different roles. Do you recognise these behaviours?

Spy



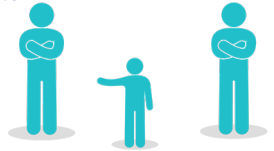
Messenger



Counsellor



Mediator



To find out more about relationship support for parents, visit:

www.suffolk.gov.uk/RelationshipSupport

Or scan below:

