

Ways to reduce parental conflict:

There are many things we can do to reduce the amount of conflict in our relationships. These may be achieved fairly easily with just a few adjustments!

Here are some top tips to try:

Try and spend more quality time together – have a regular date night!

Choose the right time to address things, waiting for a quiet time in the evening may be more preferable to during a busy school run!

Tell your partner how a situation makes you feel and try to show you understand their point of view.

Consider and ask each other's views; be willing and open to compromise!

Listen to each other's views without interrupting each other; one voice at a time.

Make sure everyone has an opportunity to voice their view, provide time for the other person to respond to what has been said, wait and listen.

Communication really is key - Celebrate things you agree on and use this in future discussions.

In terms of parenting it's important to remember that children don't come with a manual (thank goodness as they are all individual with unique and special characteristics and ways!) So an important part of being a parent is to find out together what works best for you as a family; sitting down and talking about what is going well and what may need more attention or a change of thinking are good ways of ensuring communication is open and transparent. This creates an environment that ensures everyone's views are heard and a sense of equality within the relationship.

Parental Conflict



Most of us disagree at times in our relationships whether this is related to who does the washing up, who spends the most money or even over the remote control for the TV!
Not all conflict is damaging, however the way this is displayed, the amount of times this happens and how this conflict is dealt with can all have a negative impact on children.

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 please take a look at the following link:

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Parental conflict in relationships can occur in all types of families whether this is between biological parents, step parents, foster and adoptive parents, parents and grandparents and separated and divorced parents to name a few.



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Facebook: Isle of Wight Family Centres

Types of conflict in relationships

There are many forms of conflict in relationships, not all are unhealthy. As adults we are role models for our children so if we are able to remain calm and respectful whilst addressing any disagreements we may have, it provides our children with all important life skills for future interactions with others. Children who experience relationships which are positive and productive are more likely to feel more settled and have good social and emotional wellbeing.

Unfortunately conflict can also be quite damaging; when children witness adults who shout loudly, argue a lot or perhaps 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 and academic achievements and future relationships with others.

Research suggests if there is long term parental conflict this may also affect how we parent our children. Some children may experience some degree of hostility from their parent(s) or a decrease in quality time spent together.

What might cause conflict in relationships?

There are many reasons why conflict may arise in relationships this may be due to the following things:

Financial concerns:

A useful website for advice and guidance is:

<https://www.citizensadvice.org.uk/>

Housing:

Most Local Authorities have a housing department who can offer support and advice with regards to housing options and concerns and in addition there is 'Shelter' for further information: <https://england.shelter.org.uk/>

Health difficulties:

A useful website with information and support is:

<https://www.mind.org.uk/>



Substance or alcohol misuse:

If you feel you may like to access further support please see the following links:

<https://www.nhs.uk/live-well/alcohol-support/>

<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>

There is also a range of support services if you are concerned about a family member: <https://www.nhs.uk/live-well/healthy-body/advice-for-the-families-of-drug-users/>

Parenting:

The Family Links website provides a range of resources:

<https://www.familylinks.org.uk/free-downloads-for-parents>

In addition Barnardo's services run a range of parenting courses across the Isle of Wight which may be of interest to you – just contact us using details on the front page.

Having a new baby:

A useful website is:

<https://www.nhs.uk/conditions/pregnancy-and-baby/relationships-after-a-baby/>

Our local baby groups are a good way of meeting other parents and learning new things – why not check out your local services Facebook page for more details!

Looking at ourselves?

It's useful to consider how we think about certain situations, how they make us feel and how we behave as a result affects those around us. For example distancing ourselves from certain situations or ignoring others will not offer a solution to a problem. Criticising others or being defensive or attacking will reduce the likelihood of being able to deal with conflict positively.