

Reducing Parental Conflict

Information for

families



Stop.



Think.



Change.

www.bromleyparentinghub.info

Updated: February 2024

SCAN



Bromley Parenting Hub.

Building stronger parental relationships



THE LONDON BOROUGH

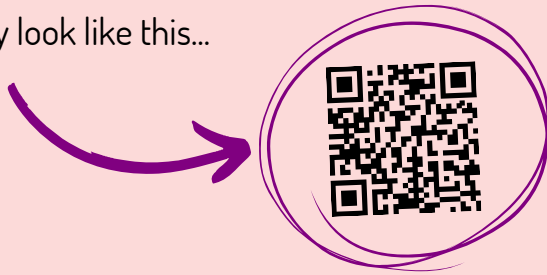
QR codes

What are they? How do you use them?

This guide includes a number of QR codes.

A QR code (short for Quick Response code) is an array of black and white squares or pixels set in a grid that stores data for a machine to read. A smartphone or camera can quickly process the information contained in a QR code's specific arrangement of pixels, making it a convenient way to access data - in this guide, links to websites.

They look like this...



To use a QR code, simply open the Photo app on your phone, and hold the phone so the entire QR code is visible in the frame (you don't need to take a picture).

Once the QR code has been read, a notification will appear at the top of your screen. Then simply tap it to open the link.



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Stop. Think. Change.**

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Section 1:

What do we mean by parental conflict?

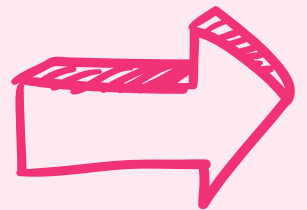
We aim to support every family in Bromley experiencing conflict

It is normal for two parents to have different ideas, opinions, values and priorities. There are different kinds of conflict in relationships. Not all conflict is damaging, but it's important to remember that the way it is displayed, how often it happens and how conflict is dealt with can all have a negative impact on children.

Families come in all shapes and sizes!

Parental conflict can occur in all types of families: between biological parents, step parents, foster and adoptive parents, parents & grandparents, and separated & divorced parents to name just a few.

Do you recognise any of these situations?





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?



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Section 2:

How parental conflict impacts on children

How does parental conflict affect my child?

Long-term parental conflict is not just unpleasant and stressful for the adults involved - it can also negatively impact children in a variety of ways.

Please scan the QR code to access video about how parental conflict can affect children.



Ruth Sellers et al., 2016 "What role does the inter-parental relationship play in supporting positive child development in the early years and enhancing outcomes in later life?"

Section 3:

How to talk to children about parental conflict

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“Mum and I are frustrated right now, but remember how you felt frustrated before and we have been able to work it out? Mum and I will too.”

“Mum and I were having hard time working together, but we have a plan now and we are feeling better.”

“Dad and I are having a disagreement, but we have had disagreements before and will work this out.”

“Mummy was angry with me because I hurt her feelings. I told her I'm very sorry and she has forgiven me.”

“Dad and I are having hard time understanding each other right now. But I respect dad and will keep trying to understand.”

“Dad and I need to take a few minutes to talk and make sure we are being clear with what we want to say to each other.”



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Section 4:

Our Reducing Parental Conflict model: Stop. Think. Change.

How do I access support around parental conflict?



The Bromley Parenting Hub offers information for all parents in the Bromley borough, who want to find ways to improve their relationship and get on better.

We know and understand that in every relationship there are arguments and conflict, it's how they are experienced and resolved that matters.

Please visit the Bromley Parenting Hub to check out the guide designed around our three-step healthy relationships model:



Take a moment to stop and think about how healthy your relationship is. To help you do this, we have a set of three short quizzes. We would recommend that all parents should start with the same quiz – the child's viewpoint. Then there is one quiz for parents who are still together or who are considering separating and a quiz for those who are separated.

www.bromleyparentinghub.info/#stop

Or scan the QR code:



Think.

Understanding the health of your current relationship is essential to understanding what you can do to move forward. Use the results from the quiz to think about your strengths and what needs to change.

To support families around that task we have created a self-help guide including a set of 10 Relationship Thought Prompt cards and a set of 9 activities. Both the set of cards and the activities can be completed independently by you and the other parent carer or with support of an allocated professional.



www.bromleyparentinghub.info/#think

Or scan the QR code:



Change.

Once you understand the strengths of your relationship and the area that you want to improve, we have pulled together a range of support that will help you make the changes that you have identified need to change.



www.bromleyparentinghub.info/#change

Or scan the QR code:



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Section 5:

Accessing Support

We have different streams of help and support:

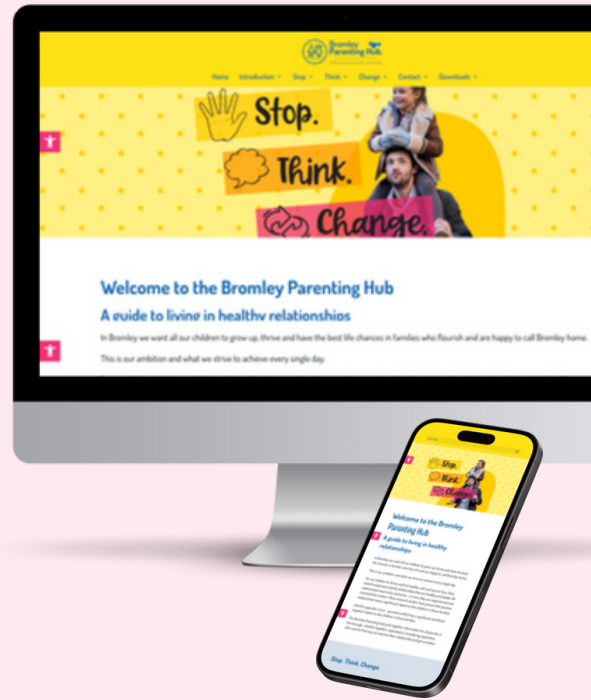
1. Reducing Parental Conflict toolkit guide and activities

The tool guide has all information you need to follow the three-step healthy relationships model.

Starting from quizzes - we have a set of three short quizzes. We would recommend that all parents should start with the same quiz - the child's view point. Then you can move onto the relationship quiz that fits your situation.

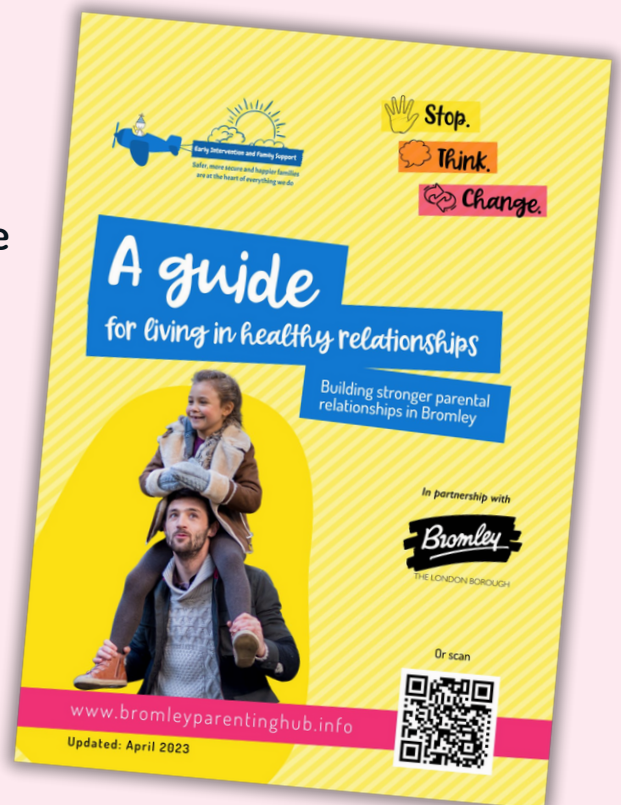
We also offer different activities to help you think through any issues that you have identified and then identify the solution.

You can download the full toolkit guide with all quizzes, tools and activities from



→ www.bromleyparentinghub.info/rpcguide

Or scan the QR code:



2. Relationship Thought Prompt cards (10 in total)

Our Relationship Thought Prompt cards are designed to be used as a set or individually.

The cards focus on communication and tips for families to help them deal with conflict.

Access the set of Relationship Thought Prompt cards:



➔ www.bromleyparentinghub.info/self-help

Or scan the QR code:



The set comes with a short guide on how to use the cards.

To download, scan the QR code:



3. RPC parenting webinars (3 in total)

We offer 3 FREE sessions for parents to focus on ways to create positive family relationships:



1

The importance
of healthy
relationships

2

Communication

3

Is change
needed?

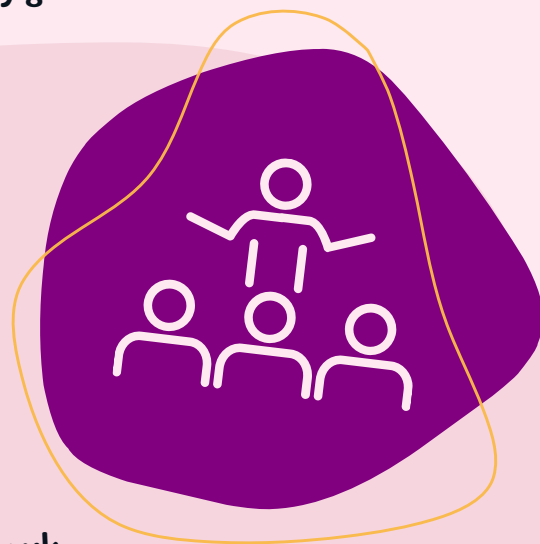


To book, call **020 8461 7259**

or email parenting.courses@bromley.gov.uk

4. Courses, seminars and workshops

We also offer a range of free parenting courses, seminars and workshops across our six Children and Family Centres.



To book, call **020 8461 7259**

or email parenting.courses@bromley.gov.uk

Read our digital booklet
for more details, scan
the QR code:



Feedback from our families

“Although they felt informal and comfortable, they were absolutely full of practical skills and useful information”

J's mum

“...we are in a significantly better place this year. I feel like I have my son back”

J's dad

“Thank you very much for your great support during this 18 months. I have more confidence now as mum”

C's mum

“I'm divorced, but we still have a high level of conflict as co-parents. The seminars have lots of different activities and opportunities to ask questions, learn about how to improve communication and make sure we try to deal with arguments better so our children are happier”.

M's and D's dad

“The course gave me the opportunity to reflect on my own behaviour and outlined the path for improvement. I fully enjoyed it”

H's dad

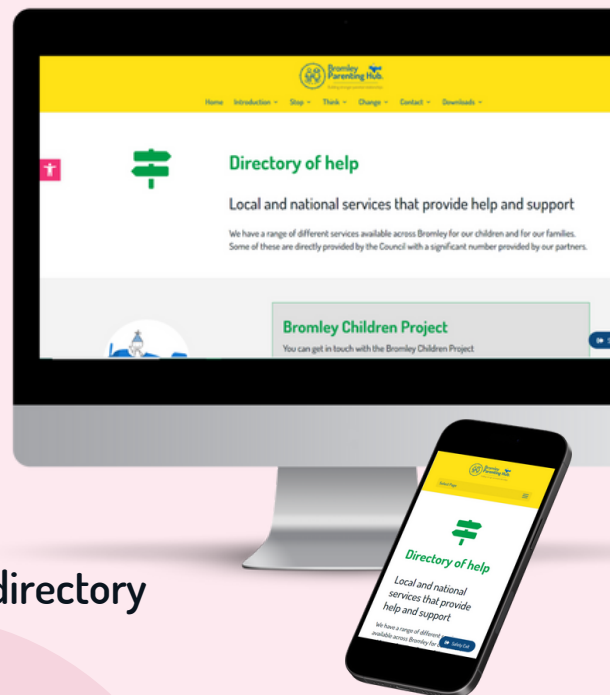
“It's a brilliant course. Absolutely invaluable! Lots of advice strategies”

H's mum

5. Directory of help

We have a range of different services available across Bromley for our children and for our families.

Some of these are directly provided by the Council with a significant number provided by our partners.



www.bromleyparentinghub.info/servicedirectory

Or scan the QR code:



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Section 6:

Useful links and additional resources

For general enquiries or to make a referral to the Reducing Parental Conflict course

Contact **Bromley Children Project**

- Email: bcpadmin@bromley.gov.uk
- Call: 020 8461 7259



Bromley Children and Families Hub

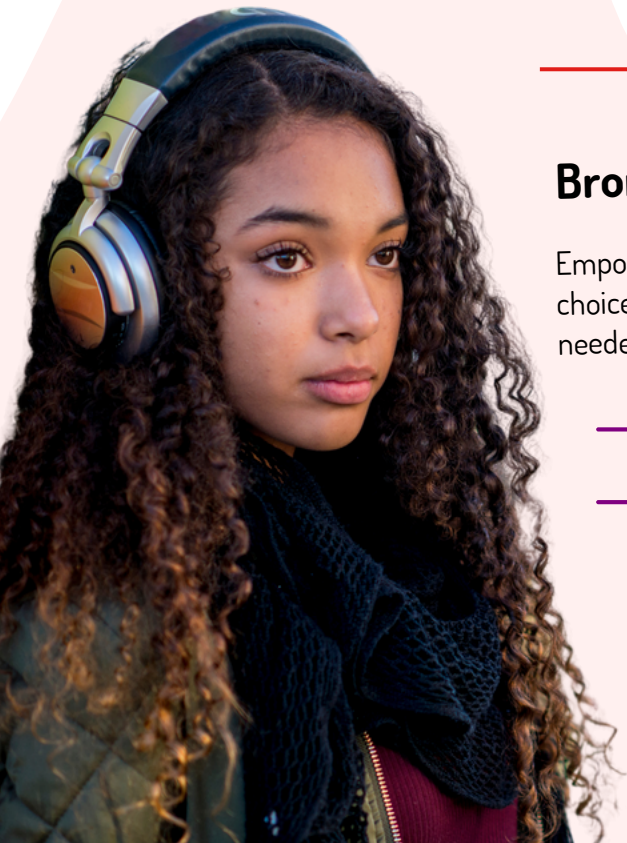
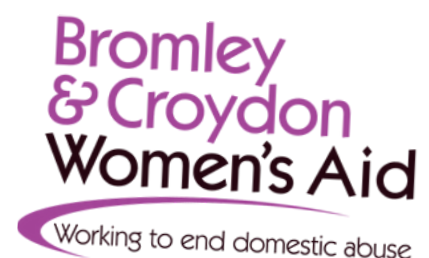
Children's Social Care support and services from the Council.

- Email: mash@bromley.gov.uk
- Call: 020 8461 7373/ 7309

Bromley and Croydon Women's Aid

Empowering anyone suffering domestic abuse so they can make informed choices about their future and to help them gain the confidence and strength needed to free themselves from abusive relationships.

- Visit: www.bcwa.org.uk
- Call: 020 8313 9303



Section G:

Useful links and additional resources



Information, Advice and Support Services (IASS)

Free, impartial, confidential information, advice and support about special educational needs and disabilities (SEND) for children and young people up to age 25, and their parents and carers.

→ Visit: www.bromleyiass.org.uk → Call: **020 8461 7630**



Relate (Bromley)

Confidential counselling for couples and individuals with relationship problems or difficulties

→ Visit: www.relate.org.uk

→ Call: **0300 003 3225**



Bromley Well

Bromley Well can help you improve and maintain your health and wellbeing.

→ Visit: www.bromleywell.org.uk

→ Call: **0808 278 7898**

Sexual Health Bromley

Sexual Health Bromley

A free, non-judgmental contraception and reproductive health service for men and women of all ages (including under 16).

→ Visit: www.sexualhealthbromley.co.uk

→ Call: **0300 003 3225**



Talk Together Bromley

A free NHS evidence-based talking therapy service for people aged 18 years and over, who are anxious, stressed, have low mood or suffer from depression

→ Visit: www.talktogetherbromley.co.uk

→ Call: **0300 003 3000**

Additional resources

www.gov.uk/government/collections/reducing-parental-conflict-programme-and-resources



Information and resources for leaders, managers and practitioners seeking to improve children's outcomes by supporting the parental relationship.

www.tavistockrelationships.org



Tavistock Relationships is an internationally-renowned charity for advanced practice, training and research to support couples, individuals and families.

www.clickrelationships.org

Relationship support - share questions and stories with the community, try fun and helpful activities, or get private support from a Click listener.



www.dad.info

Dad.info is Europe's largest advice and support website for fathers celebrating the changing role of Dads with engaging, helpful, practical, entertaining resources and content for every stage of their journey.



wwwFOUNDATIONS.org.uk

Foundations research and evaluate the effectiveness of family support services and interventions, we're generating the actionable evidence needed to improve them, so more vulnerable children can live safely and happily at home and lead happier, healthier lives.

NB: Foundations was formed through the merger of What Works for Children's Social Care (WWCSC) and the Early Intervention Foundation (EIF).



Additional resources

www.netmums.com

Netmums is the UK's most relevant, inclusive and supportive parenting community providing parenting content and community forums.

SCAN ME



www.relate.org.uk

The UK's largest provider of relationship support.

SCAN ME



www.contact.org.uk

Support for families of disabled children; supporting families, bringing families together and helping families take action for others.

SCAN ME



www.citizensadvice.org.uk

A website providing access to knowledge and support to find your way forward, no matter who you are or whatever the problem is.

SCAN ME



https://bit.ly/ACEs_Video

SCAN ME



A video from Public Health Network Cymru about Adverse Childhood Experiences (ACEs).

www.seeitdifferently.org

A resource containing a series of videos highlighting various aspects of relationships and enabling you to see conflict differently.

SCAN ME



Useful videos



Reducing Parental Conflict videos

from Warwickshire County Council, but are very useful

Supporting healthy family relationships

youtube.com/watch?v=1ZUWbIB0yL8

SCAN ME



Short animation 1

youtube.com/watch?v=6xUEEHP-WQQ

SCAN ME



Short animation 2

youtube.com/watch?v=at3mJFiHrXo

SCAN ME



See it differently

helping you view parental conflict from a child's perspective

An example of withdrawal within the family and how you can talk through the problem

youtube.com/watch?v=qBAgB4P2zv4

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Illustrating relationship struggles around household chores

youtube.com/watch?v=As1-90Xsec8

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Example of relationship disagreements between separated parents

youtube.com/watch?v=BzTQ4QIgyok

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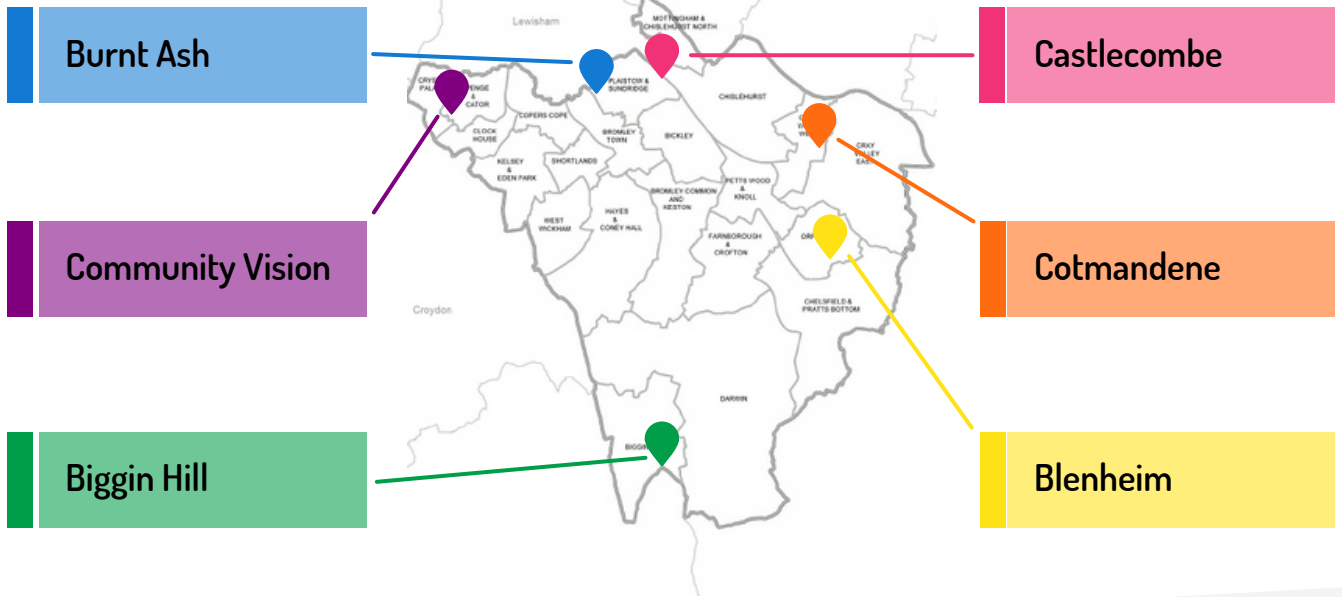
Example of disagreements over finances and pressures

youtube.com/watch?v=lbsShSfhrLg

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Find your nearest Children & Family Centre



Biggin Hill

Sunningvale Avenue
TN16 3TN
01959 571 694
bigginhillcfc@bromley.gov.uk

Blenheim

Blenheim Road
BR6 9BH
01689 831 193
blenheimcfc@bromley.gov.uk

Burnt Ash

Rangefield Road
BR1 4QX
020 8697 4503
burntashcfc@bromley.gov.uk

Castlecombe

Castlecombe Road
SE9 4AT
020 8857 1185
castlecombecfc@bromley.gov.uk

Community Vision

Woodbine Grove
SE20 8UX
020 8778 2970
communityvisioncfc@bromley.gov.uk

Cotmandene

Cotmandene Crescent
BR5 2RB
020 8300 2548
cotmandenecfc@bromley.gov.uk

