

Reducing Parental Conflict

Information for

professionals



Stop.



Think.



Change.

www.bromleyparentinghub.info

Updated: February 2024

SCAN



Bromley Parenting Hub.

Building stronger parental relationships



THE LONDON BOROUGH

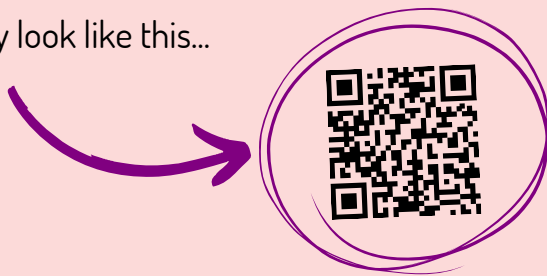
QR codes

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.



What's in this guide

- 1** The Reducing Parental Conflict (RPC) programme
- 2** How parental conflict impacts on children
- 3** Bromley Intimate Relationship Spectrum
- 4** Our Reducing Parental Conflict model: Stop. Think. Change.
- 5** Practice guidance
- 6** Accessing support
- 7** Get involved & become an RPC champion in Bromley!
- 8** Useful links and additional resources

Section 1:

The Reducing Parental Conflict (RPC) programme

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 & poorly resolved it can harm children’s development & outcomes.

The Reducing Parental Conflict programme is being delivered to help parents identify when conflict may be impacting their children. The RPC programme has helped thousands of families since 2018. We aim to support families to make positive change.



Parents living together



Separated or divorced parents



Step-families/blended families



Adopted families



Grandparent families and extended families



Same sex families



Single parent families



1. Goodman, A., & Sianesi, B. (2005). Early Education and Children’s Outcomes: How Long Do the Impacts Last?

2. Relationship Foundation (2015) Counting the Cost of Family Failure.

Section 1:
The Reducing Parental Conflict (RPC) programme



Children's wellbeing and life outcomes are affected by conflict between their parents from the womb



1 in 10 children living with both parents have one parent reporting 'relationship distress'



67% of new parents report a drop in relationship satisfaction in the first 3 years of a child's life



'Relationship distress' doubles where both parents are out of work



The cost of family breakdown is estimated at £51 billion annually



Section 2:

How parental conflict impacts children

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.

According to research, harmful parental conflict can have a negative impact on:

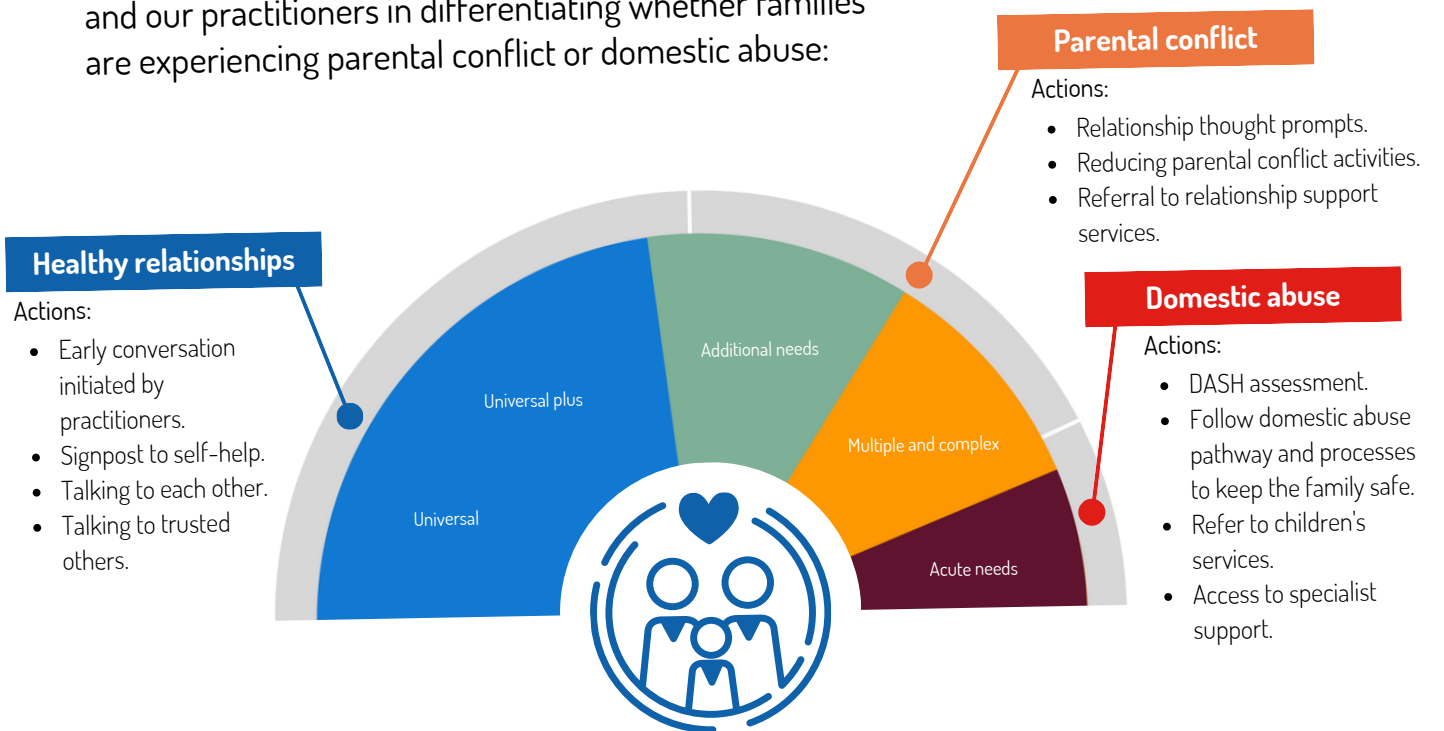


Ruth Sellers et al., 2016 "What role does the inter-parental relationship play in supporting positive child development in the early years and enhancing outcomes in later life?"

Section 3:

Bromley Intimate Relationship Spectrum

We have based this on the For Baby's Sake Trust's 'Parental Relationships Spectrum' to assist our families and our practitioners in differentiating whether families are experiencing parental conflict or domestic abuse:



Universal	Universal plus	Additional needs	Multiple and complex	Acute needs
Family are meeting their children's needs with support from universal services.	Family who can meet their children's needs with some additional support - usually in the short term.	Family with a range of needs requiring a partnership response of targeted and coordinated support.	Family need multi-agency safeguarding response, including specialist intervention.	Family have acute needs which require statutory social care and safeguarding protection.

Source:
 For Baby's Sake Trust's 'Parental Relationships Spectrum'
www.forbabysake.org.uk/wp-content/uploads/2021/02/FBS-1017-Parental-Relationships-spectrum-V4.pdf

Section 4:

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

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.

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



Stop.



Think.



Change.



Stop.

Is a disagreement escalating to a point where you are no longer in control and you are just reacting? If so, pause. Take a step back. Take a breath. When you're feeling calmer it is easier to change your behaviour.

We have a quiz available for parents to use to reflect on their relationship, whether together or separated. There is also a quiz that the children can complete to share their view point.

We would recommend that all parents should start with the same quiz – the child's viewpoint.

www.bromleyparentinghub.info/#stop

Or scan the QR code:



Think.

Try to reflect on why an argument started. Ask yourself how you were feeling before the conversation started and whether you were already feeling anxious or tense.

To use the quiz outcomes alongside the set of 10 Relationship Thought Prompt cards, with simple actions to support making relationships healthy. We also have the Reducing Parental Conflict toolkit guide which provides activities for parents & practitioners to think through any issues and identify solutions. The toolkit activities can be used independently by parents but may need to be revisited with the help of their allocated professional to identify the support needs for the family and formalise an action plan to move forward.



www.bromleyparentinghub.info/#think

Or scan the QR code:



Change.

Take a step back. Is this argument about something important or can you come back to it when you are both calmer and you can change your behaviour?

We offer a package of support in Bromley for parents who are struggling & need help to understand how parental conflict is impacting their children.



www.bromleyparentinghub.info/#change

Or scan the QR code:



Section 5:

Practice guidance

It is the legal requirement that Health professionals, Social Workers, Police, Education professionals and other practitioners working with children follow inter-agency guidance to safeguard and promote the welfare of children, as referred in the Children and Social Work Act 2017 & Working Together Agreement 2023. Working in partnership is one of the principals of the RPC programme.

The London Borough of Bromley has published the “Early Help Strategy for Children (aged from birth to 18) and their families; Our Vision for 2030”.

In this document the RPC programme is defined under “Early Help”, as total support that improves family’s resilience and outcomes or reduces the chance of a problem getting worse.

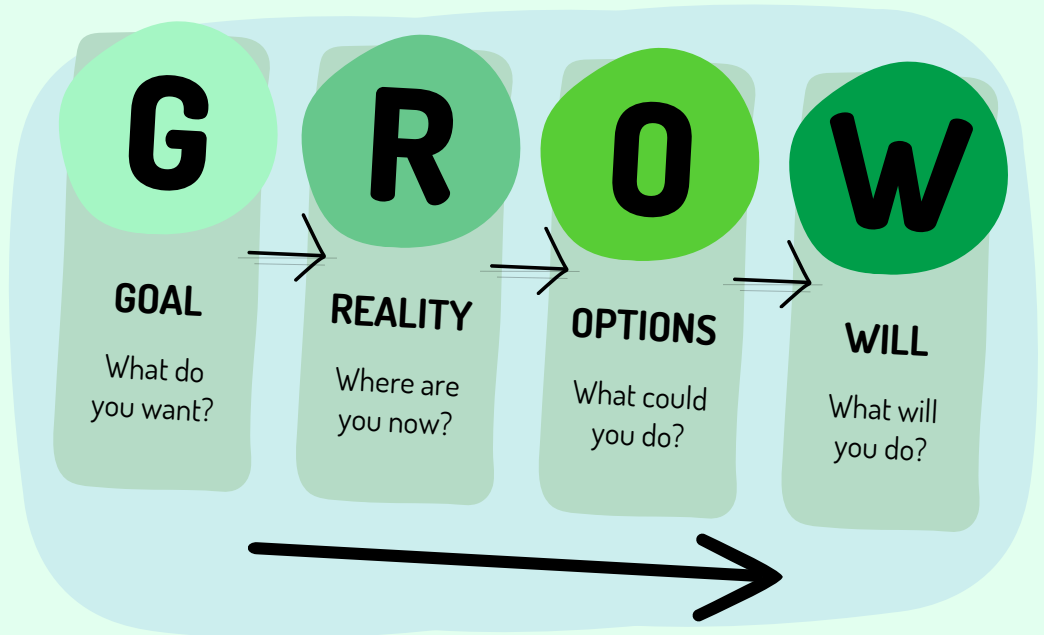
Our early help services are focused on providing the right help when our families need it, whatever the age of the child, including support around parental conflict in the cases where it is affecting children's outcomes.



www.bromleyparentinghub.info/earlyhelpstrategy

The Grow Model

When discussing conflict with co-parents, use 'coaching conversations' and help them to make changes by using **The Grow Model**.



1 Listen attentively, remain inquisitive, and avoid preconceptions & judgment

3 Paraphrase, summarise and show empathy

5 Notice non-verbal behaviour

7 Bring the conversation to the here and now

9 Give feedback

2 Help co-parents focus on their strengths

4 Ask open questions to raise awareness, such as 'how does that make you feel?'

6 Offer encouragement and support

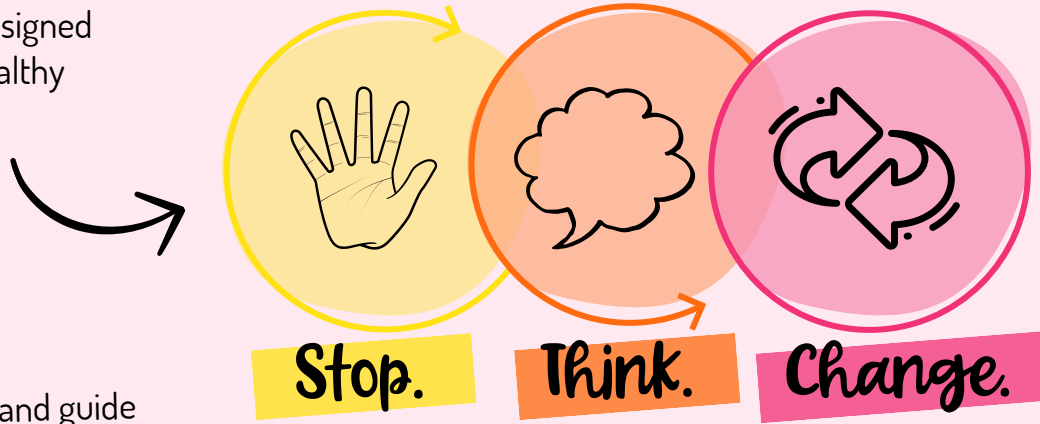
8 Provide challenge where thought necessary

10 Present scenarios and options

Section 6:

Accessing support

Our toolkit and guide is designed around our three-step healthy relationship model:



The main aim of the toolkit and guide is to support families to focus on:

- the child's wellbeing
- the impact of unhealthy relationships on a child's outcomes
- identifying the steps to take to improve relationships

In Bromley we want all our children to grow up, thrive and have the best life chances in families who flourish and are happy to call Bromley home. This is our ambition and what we strive to achieve every single day. For our children to thrive and live healthy, safe and secure lives, they need to experience family relationships that are healthy and stable. All relationships have tricky moments – it's how they are experienced and resolved that matters.



1. Reducing Parental Conflict toolkit guide and activities

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

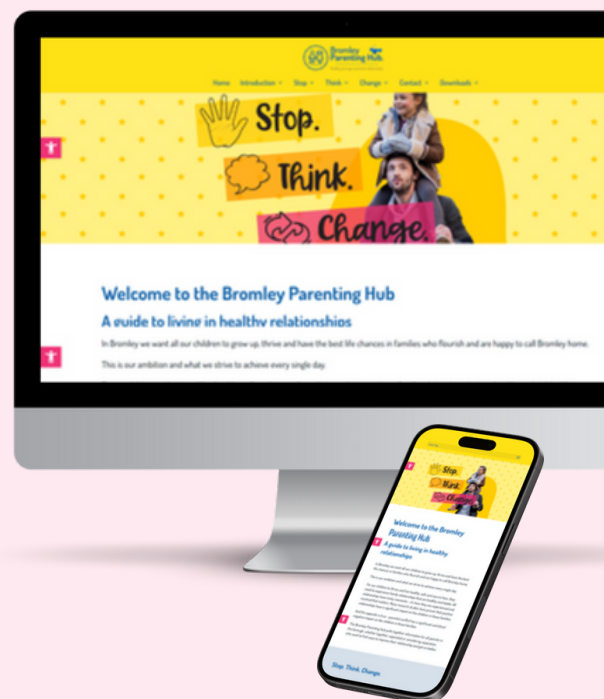
Starting from quizzes - we have a set of three short quizzes. We would recommend that all parents should start with the same quiz - the child's view point. Then you can move onto the relationship quiz that fits your situation.

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. Activities and things that can help (9 in total)

We have developed a library of activities for specific elements that the quiz may identify.

These can help families to think through any issues that they have identified and identify the solutions

These focus on different areas of the relationship. Families can use the results from Step 1 (Stop) to identify which ones are the most relevant.



www.bromleyparentinghub.info/activities



Or scan the QR code:



4. 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

5. 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


Section 7:

Get involved & become an RPC champion in Bromley!

RPC training for professionals

As a professional working in Bromley you can access 2 levels of RPC training.

This is bespoke training designed to meet the needs of the local workforce & based on the RPC resources created by Bromley.

 We have 2 levels of training:

1

E-learning module on Reducing Parental Conflict awareness. accessible for all staff

2

Face to face workshop for all professionals working directly with parents & children

Every participant will receive our RPC resource pack:



RPC - The Bromley Resource Pack



10 Relationship Thought Prompt Cards and guide



RPC information booklet for families and professionals



PC and DA screening tool

If you are interested in accessing RPC training for professionals working in Bromley, please contact one of the team at rpc@bromley.gov.uk

Feedback from our professionals

“ The training was excellent. We discussed how to differentiate between parental conflict and domestic abuse. I took with me so many RPC resources and was able to show them to my colleagues from the housing team.

Housing Support Officer

“ Great course! We discussed the skills and tools to support families in recognising conflict and how it is negatively impacting children. There are lots of opportunities to ask questions about the RPC resources and talk about real life examples.

Family worker

“ The workshop struck the perfect balance between informative and interactive. I feel really empowered and more confident about how to spot signs of parents conflict in both children and adults. All the tips that were given felt directly applicable.

Police Officer

“ There was a good mix of theory and practice. Videos and activities made it very engaging and informative. The RPC resources discussed are very good quality and so diverse to use to support families around parental conflict. I have already used the set of 10 Relationship Thought cards during my direct work with parents.

Senior Practitioner
Safeguarding and Care Planning Service

“ Thank you so much for the workshop earlier today, I'm so glad I was able to book, it was extremely helpful, and I cannot wait to use the resources in my practice. I'm impressed, especially with the idea of quizzes.

Wellbeing Practitioner

“ Just to appreciate the course, it has been very useful for me. I would like to highlight the dynamic of the sessions, which were very active, interesting, well organised, and great to share experiences. Many thanks!

Head Teacher
Primary School

Section 7:

Get involved & become an
RPC champion in Bromley!

Reducing Parental Conflict Champions Network

Make change happen at the local level!

All RPC Champions will be invited to attend regular RPC Champions Network meetings, where you will grow in confidence & knowledge around Reducing Parental Conflict & be able to share this knowledge within your service areas.

As an RPC Champion you will have your very own resource bag!

Please read some of the feedback from RPC Champions about the meetings.

As an RPC Champion you will be given your own resource bag – also known as the “Grab Bag”!

In each bag you will find printed versions of:

- Pack of 10 Relationship Thought Prompt Cards and guide
- RPC toolkit guide
- Re-usable wipe off style books with all 9 activities that are in the RPC toolkit guide
- 3 Quizzes: for parents who are still together, those who have separated and a quiz for children, to support families to understand the level of conflict in their relationships.
- RPC resource core pack including PC and DA screening tool

All materials are practical aids to tackle parental conflict which can be used by parents & professionals to provide support to help reduce parental conflict.

To join please contact one of the team at
rpc@bromley.gov.uk

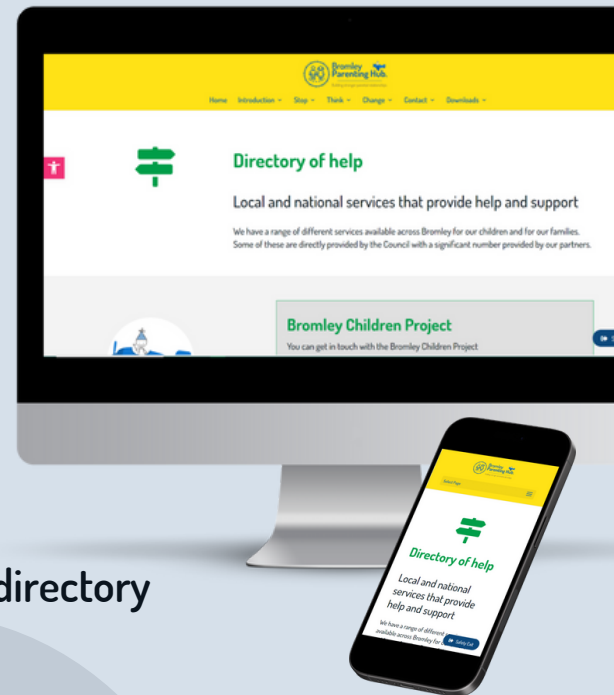
“My favourite tool is the set of 9 activities. They are invaluable during direct work with families!”

Family Practitioner

6. 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:



Section 8:

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

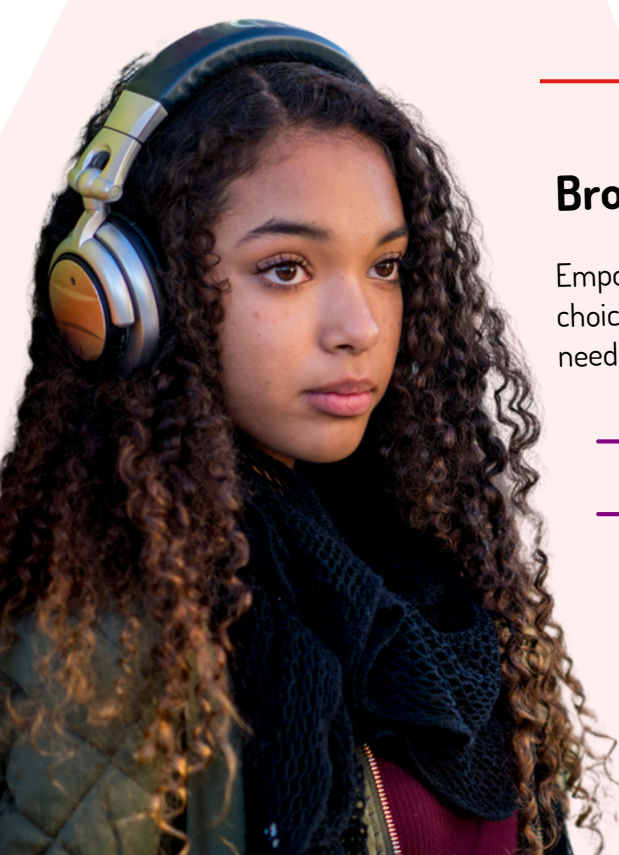
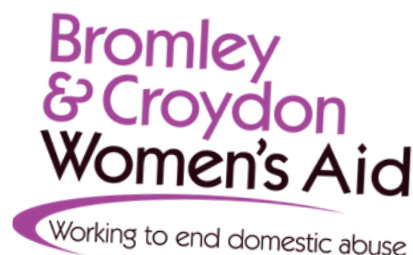
Children's Social Care support and services from the Council.

- 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**





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**

Section 8:

Useful links and additional resources

Additional resources

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

SCAN ME



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

www.tavistockrelationships.org

SCAN ME



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.

SCAN ME



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.

SCAN ME



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).

SCAN ME



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



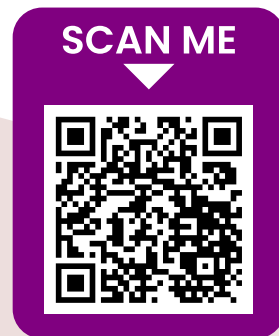


Reducing Parental Conflict videos

from Warwickshire County Council, but are very useful

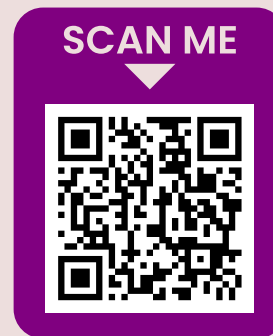
Supporting healthy family relationships

youtube.com/watch?v=1ZUWbIB0yL8



Short animation 1

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



Short animation 2

youtube.com/watch?v=at3mJFiHrXo



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



Illustrating relationship struggles around household chores

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



Example of relationship disagreements between separated parents

youtube.com/watch?v=BzTQ4QIgyok



Example of disagreements over finances and pressures

youtube.com/watch?v=lbsShSfhrLg



Tell us what you think

We want to know what you think of our programme.

Please provide your feedback on all aspects of our RPC programme, including:

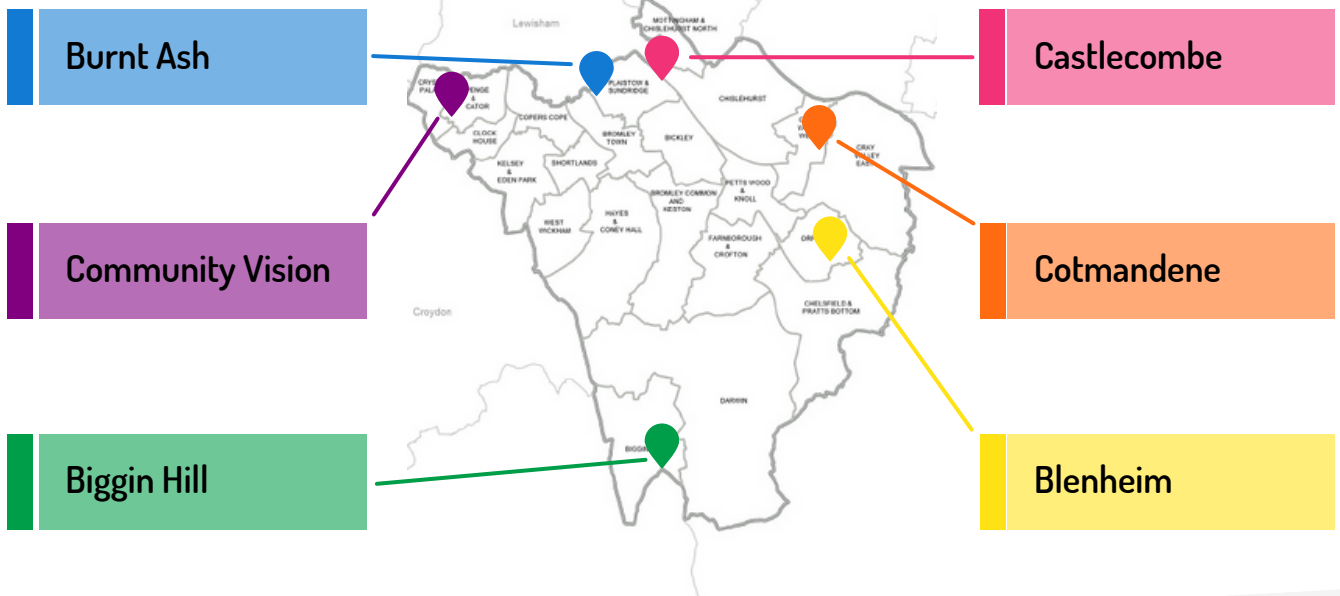
- The resources
- The website
- The training offer
- The RPC network
- The directory of help
- And this guide



Send your feedback, thoughts and ideas to us by email to rpc@bromley.gov.uk



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

