

# 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](http://www.suffolk.gov.uk/RelationshipSupport)

**It's normal for parents to argue**

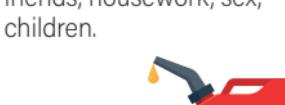
(whether together or not)

**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.

**The Water**

What can you do to calm things down?  
Taking a break, listening and having a hug.



**Add Fuel**

What makes it worse?  
Raising your voice and saying hurtful things.

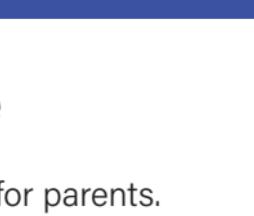


**A few things to try:**

- 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



 **oneplusone**

OnePlusOne offer online relationship support for parents.

Their **Online Courses** are listed overleaf as well as some **Getting on Better Cards** to help you think about how better communication can help to deal with conflict more effectively.

Scan the QR code below to discover more.



# Maintaining a good relationship for the benefit of your children

## Access Free Online Courses:

**Me, You and Baby Too** When couples have a baby, it's a challenge to the relationship. We call this a transition. This course is designed to help you through this transition, so that your relationship remains intact and grows, as parents and as a couple.

**Arguing Better** Designed to help parents manage their stress and communicate with one another in ways that are helpful to their relationship and their children.

Relationship support for parents - Suffolk County Council  
[www.suffolk.gov.uk/RelationshipSupport](http://www.suffolk.gov.uk/RelationshipSupport)



# Maintaining a good relationship for the benefit of your children

## Access Free Online Courses:

**Getting it Right for Children** Designed to support separated parents, helping them to avoid the harmful situation of their children getting caught up in the middle of their conflict.

**Debt & Relationships** Advice about the impact of debt on relationships and support around what to do when you or your partner are having concerns around money.

Relationship support for parents - Suffolk County Council  
[www.suffolk.gov.uk/RelationshipSupport](http://www.suffolk.gov.uk/RelationshipSupport)



## 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**



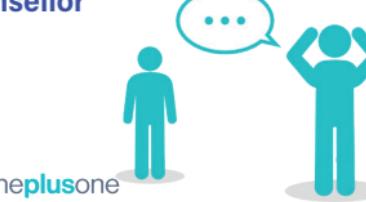
**Not letting your child talk about the other parent**



## 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**



**Oneplusone**

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

[www.suffolk.gov.uk/RelationshipSupport](http://www.suffolk.gov.uk/RelationshipSupport)

Or scan below:

