

We all have arguments



How do you solve yours?

We all argue - but do we always feel that arguments are resolved in a way that leaves everyone feeling okay?

It is normal for parents to argue (whether you're together or not). Things that affect you as an adult can include...



Lack of Communication



Job loss/ Finances



Moving home



Births



Injury/Illness/ Deaths



Parenting/ Who does what



Separation/ Loss



Friends/ Family

Things that affect your children that may also impact on you can include...



Starting/Moving school



Additional needs



Issues at school



Illness



Bullying



Friendships



New family members



Emotional health and wellbeing

In arguments do either of you find yourself saying...

You always give in to him/her

You don't support me

You don't know how I feel

That's not what I said

You never listen

You always overreact

You always do this

It's always down to me

You're always at work

It's your fault

How do arguments leave you feeling?

Down
In control
Stuck

Angry
Resentful
Fed up

Worthless
Responsible
Anxious

Frightened
Out of control
Hurt

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

Poor attainment
Sad

Lack of friendships
Poor attention

Angry
Withdrawn

Feel responsible
Scared

Children are like sponges and absorb everything around them (even when you think they're not listening). Resolving your arguments will mean your child will:

- Be happier
- Worry less
- Sleep better
- Be more resilient
- Feel more secure and stable
- Learn how to manage conflict
- Have better and more trusting relationships
- Learn how to manage conflict
- Learn how to resolve arguments
- Focus at nursery/school

Family and Relationship Support

Parenting courses

www.warwickshire.gov.uk/parentingcourses



Understanding your child

Explores how positive parenting strategies can help support parents and carers to gain a greater understanding of children's behaviours and the needs behind them.



Rules and Boundaries

Looks at reasons why children behave the way they do and offers strategies to help guide their behaviour. The importance of boundaries to support children's development and how rules, praise, routines, and different parenting styles influence children.



Routines and Sleep

Explores how and why routines support children's development, how to introduce a routine and use them effectively, and healthy sleep patterns.



Parenting Together

Introductory workshop to help families deal with any issues as early as possible. In recognition that parenting can be a hard role this course helps parents/carers recognise signs of conflict and find ways to resolve them.



Nurture Programme

This course runs 2 hours per week for 10 weeks and is aimed at parents/carers of children aged 12 and under. This programme provides adults and children with the understanding, skills and ability to lead happy lives, build resilience, confidence, empathy, self-esteem and support positive relationships.



Solihull Approach

A range of free guides to support parents/carers feel more confident.

People are in control of what they learn, at a time that suits them and at their own pace.

<https://www.warwickshire.gov.uk/parentguides>

Code **BEAR**