

Reducing Parental Conflict

Newsletter

January 2024

Healthy Relationships Team News:

Happy new year!

Would your team like to know more about what 'Reducing Parental Conflict' looks like, what support is already out there and how you can help? We are offering **bespoke** sessions, designed for you at a time that suits you.

healthyrelationshipsteam@barnardos.org.uk.

Please note: We are not a referral service so please do not refer any of your families to us.



e: healthyrelationshipsteam@barnardos.org.uk

Tips and useful resources



How do children feel when their parents argue? Watch this video to hear one child speak about the way it makes her feel.



Are you really listening? Could you try this short and simple listening activity? It might be trickier than it looks!



Healthy relationships questionnaire - What are your strengths and challenges?

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