

Reducing Parental Conflict support video

Family life has its challenges. Most parents argue and have disagreements, when this happens regularly it can impact on a child's confidence, self-esteem and wellbeing. How we resolve our differences and how we communicate can make a difference.

EPEC

For parents with children aged 2-12 years.

The face-to-face 8-week course is run by parents, for parents.

It can help you learn practical communication skills for everyday life to help bring up confident, happy and supported children. It will provide you with positive strategies to help manage your children's behaviour and better understand and support your children's feelings.

To find out more visit go.wakefield.gov.uk/parentingsupportandrelationships or contact your local Family Hub



331454 Designed and produced by Wakefield Council, Communications 2/25 



Healthy Relationships

Support for maintaining healthy relationships through the challenges of family life.



A parent and carer information guide



Happy family relationships make us all feel good and help our children feel secure and loved. As a parent or carer, we are often trying to juggle lots of things and keep our relationships as positive as can be. Sometimes relationships become difficult, and this may impact everyone. This leaflet is here to provide you with advice, tips, and support to help keep your relationships positive.

Triple P - Family Transitions Group

Separation or divorce can be a challenging experience for you, your child and the whole family. You can ease the transition with proven tips and strategies that support everyone to cope and adjust well during this time.

A 5-week programme looking at the challenges due to separation or divorce, which are impacting on, or complicating parenting.

Support is given to you to:

- understand the impact of parent separation and conflict on children
- handle challenging moments and maintain positive relationships
- explore stress, anger and build your communication skills
- as well as considering your own wellbeing and that of your child

For more information or to join a course, contact your local **Family Hub**. go.wakefield.gov.uk/familyhubs

Triple P Family Transitions Online

If you would like to speak to a member of staff to find out more and access the course online, visit: go.wakefield.gov.uk/familytransitionstripleponline

Relationships Matter

A useful website to provide advice, tips, and support to help keep our relationships positive and support you, whether you are together or separated.

relationshipsmatter.org.uk/

Relate - Co-parenting:

RelateBot: A useful AI interactive resource that you can use to receive support when co-parenting. go.wakefield.gov.uk/reducingparentalconflict

FREE toolkit 'co-parenting from separate households': involves conversation starters and action across a range of topics including:

- effective communication
- handling conflict
- supporting your child's wellbeing
- self-care

go.wakefield.gov.uk/coparentingseparatehouses

One Plus One - Separating Better

The mobile app can help you through the separation process with the wellbeing of your child in mind.

- help you manage your emotions and plan throughout your separation journey
- help you communicate and co-parent in a positive way
- learn how to sort out disagreements
- learn how to manage the financial and practical aspects of separation
- set personal goals to achieve during your separation

find out more or download the app oneplusone.org.uk

