

Reducing Parental Conflict

Newsletter 16

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Hello and welcome to the 16th edition of the relationships matter newsletter for the Bristol area

relationshipsmatter@bristol.gov.uk

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Find this information and more on our web-pages

 [Relationship support for parents and co-parents](#)

 [Support for separating and separated parents](#)

Or find FREE online parenting courses including **Understanding your relationships** on our family hub site  [Online parenting courses](#)

If you'd like to read past copies of our newsletter, please contact us at relationshipsmatter@bristol.gov.uk.

Editorial

The BBC has announced that its legal drama The Split will return for a two-part special at the end of December. The series, which revolves around a family of divorce lawyers, delves into themes of relationships, marriage, and separation.

The timing of its release is significant, as the start of a new year often sees a rise in divorce enquiries to law firms. When a relationship reaches the point of separation, emotional and practical challenges can arise. For parents, navigating co-parenting while apart is a crucial process that requires careful attention, especially when children are involved.

OnePlusOne's Separating better app is designed to support parents to navigate these challenges, with practical features such as a budget planner and parenting plan. Need help with your separation? [Watch this video](#)

Their package of digital resources, also licenced for Bristol residents, offers support to parents experiencing challenging times at different points in their relationship. To access these courses register here [Digital courses for parents](#)

Download the practitioner guides from 'select a guide' [Practitioner guides to digital courses](#)

Relate has produced a free toolkit to help parents make co-parenting from separate homes work smoothly, whether parents are just beginning or looking to find a better balance together download [Co-parenting from separate houses toolkit](#)

Get in touch if you and your team members are interested in **bespoke training** from a half hour briefing to a full days' training with toolkit! **Contact us** at relationshipsmatter@bristol.gov.uk



Relate

Relationships Matter is part of



Don't Miss Out on Free Relationship Support for Parents!



Are you or someone you know looking to strengthen your family relationships?

Our **free Support for Inter-Parental Communication (SIPCo)** support service is here to help—but places are filling fast! This time-limited research project has limited availability and may close in the next 4 weeks.

We offer expert advice and support to parents/carers (separated, together, or solo) who:

- Struggle with communication or frequent arguments
- Have a child aged **8 - 14**
- Are **not** experiencing current domestic abuse, substance use issues or court proceedings (contact us for other support if applicable)



You can receive either **Mentalisation-Based Therapy** with a relationship therapist or access to online resources. Participation requires completing 3 questionnaires, with £10 for each, plus a £10 bonus for the second one. A family of 3 can earn £120 in total.

For more information:

[Support for Interparental Communication \(SIPCo\)](#)

To join, complete the referral form

[Referral Form](#)

Or email relationshipsmatter@bristol.gov.uk with your phone number.

FREE
support
available to
one or both
parents



Free handout cards for getting on better

Getting on Better (2023)

Arguments are like fire



Get your free printed pack of 9 by contacting
Relationshipsmatter@bristol.gov.uk
or download a pack from
bristol.gov.uk/relationshipsupport



The LOGS



What issues do you argue about most?



The MATCH



What usually starts an argument?



The FUEL



What makes it worse? Are you fuelling the fire?



The WATER



What helps calm things down?

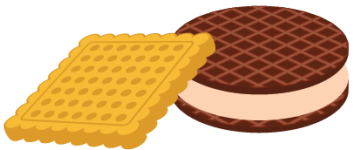
Getting on Better (2024)

The importance of small gestures

NEW

oneplusone

➡ Small acts of kindness can make a big difference to your relationship.



➡ Kindness and thoughtfulness are important in long-term relationships. Regularly doing nice things for your partner without being asked, like making them a cup of tea, can mean more than big gestures or presents as it shows you care about them.

Arguments are like fire

1) You can think of arguments as a fire.

The LOGS are the things you argue about most. Even when you're getting on well, the logs are still there.

Some common ones are:

- Money.
- Friends.
- Housework.
- Sex.
- Children.



Scan the QR code or visit bit.ly/logsandfire to watch the relevant video clip

2) The MATCH can be anything that starts an argument. It's often something small:

- The wrong tone of voice.
- Feeling stressed.
- Not listening to each other.



3) Once the argument has started, we can make things worse by the way we respond. This can ADD FUEL to the fire:

- Raising your voice.
- Walking out.
- Bottling things up.
- Saying hurtful things.
- Bringing up old arguments.



4) There are also things we can do to stop the argument getting worse. This is like putting WATER on the fire.

- Taking a break.
- Listening.
- Saying sorry.
- Having a hug.



A few things to try:

- Think about what your logs might be.
- Next time you argue, try to notice when you're adding fuel.
- See if you can water things down before the argument escalates.

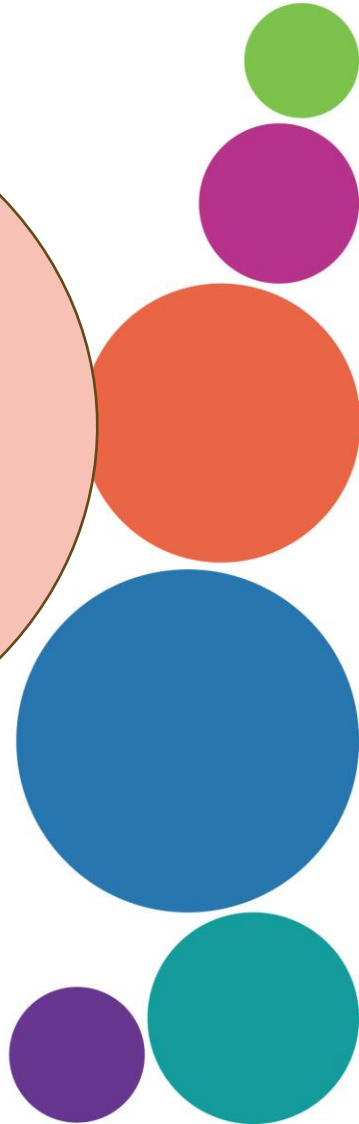
Digital courses - What parents say . . .

It has helped me and my husband have much better discussions before emotions escalate to the point of becoming an argument. It's also helped me support my children.
(Arguing better)

We are starting to think before we speak and come up with better ways to make sure it's the children we always put first for their happiness and health
(Getting it right for children)

I've learnt that being emotionally supportive is crucial to healthy relationships. I'm using some of these healthy techniques already, good to add more to the inventory. Now I feel better equipped to handle tough situations even more so
(Me, You and Baby Too)

You can access **free** courses to help you and your partner in pregnancy, if you have conflict in your relationship or if you are separating or separated. They will help you look at your arguments differently and to manage and resolve conflicts in a way that causes less harm to your unborn child, existing family or each other. To access a course for the first time, you will need to register for an account by providing your name, email address and creating a password. [Start a course](#)



See it differently



See it differently

*You don't see your arguments.
Your children do.*

Watch these **FREE** videos to learn
how you can reduce harmful conflict.

www.seeitdifferently.org



Often when we argue, we get caught up in the moment. We can't always understand others or see it from another point of view. See it differently have put together a series of short videos to help you.



Watch Maddie's video



Watch Chloe's video



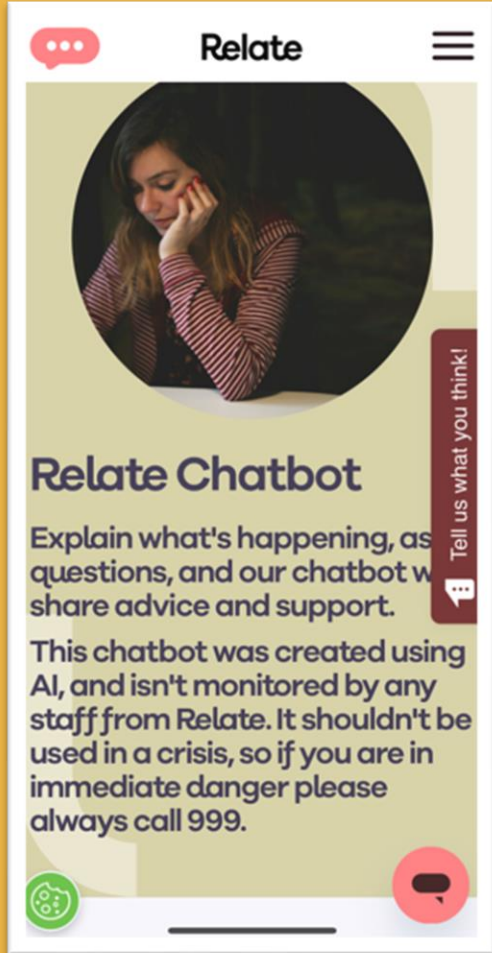
Watch Jag's video



Watch Mahmoud's video

Sometimes it's hard to understand others and as parents we are always busy. Use the diary template on the next page to look at when your stressful times of the day and week occur and how you could support each other.

Relate Tools for Improving Communication Between Couples and Co-Parents



Relate has launched a new 32-page co-parenting toolkit.

The toolkit includes communication tips, how to handle conflict, supporting children's wellbeing, self-care and other practical resources. You can download it free [here](#).

The Race Equality Foundation

The RPC team at Race Equality Foundation are entering the final stage of their [Stronger Relationships](#) project which has reached almost 900 parents from every corner of England. They are working with a research team led by Dr Anita Mehay at City St George's, University of London to look at both quantitative and qualitative data collected from their in person and online Stronger Relationships courses; results should be published in early 2025.

The Foundation is keen to share the knowledge of their experienced team of accredited group facilitators who can deliver Stronger Relationships in English and a variety of community languages. The RPC team will be putting together a CF2 information pack for all practitioners and potential funders interested in this area of work to share their learning in:

- What works in engaging with mothers and fathers from Black, Asian and minority ethnic communities
- How to create trust so that parents will engage with hearts and minds
- The value of different intervention options
- Partnership working and costs

Anyone interested in a Stronger Relationships Information Pack should contact Eleni Bloy eleni.sfsc@racefound.org.uk

Resources to Help Schools Address Parental Conflict with Young People

In a previous edition of our newsletter, we shared resources to support children and young people in schools. Recently, Norfolk local authority showcased their approach with schools and the resources co-produced with young people during a webinar.

Here's some of the feedback:

- *A great resource has been produced, which hopefully will be genuinely helpful to young people. It meets a gap where resources haven't existed before.*
- *Young people's voices were taken on board, even involving quotations from young people.*
- *We think the video would be best received in a form time, so we would encourage schools to show it then.*
- *You could put posters with a QR code in school bathrooms, so students can access the resource privately.*
- *Could use TikTok/social media to show young people where to access the resource.*
- *It would be good to have a PSHE lesson designed around family relationships and arguments. It would be good to make a lesson pack to send into schools.*

Here are the links to the Just One Norfolk webpages that were shared during the session: [Parents Arguing](#) (aimed at CYP) and [Arguments](#).

Quizzes & Activities for Support




Advice About Families & Relationships




KS2: <https://schools.firstnews.co.uk/articles/citizenship/ks2-pshe-lesson-plans-on-relationships/>
[The Recipe for a Healthy Relationship - Crimestoppers](#)

KS3/4: [The Rights Idea? | Network on Family Regulation and Society | University of Exeter](#)
<https://campaignresources.phe.gov.uk/schools/resources/relationships-lesson-plan-pack>.


Just for separating or separated families

[SeparateSpace](#) have a fantastic new resource aimed at supporting children experiencing divorce and they also provide tailored support for families going through parental separation  [Free Interactive Book for Children](#)

Support for young people ages 12+ whose parents have split up including parents in civil partnerships and cohabiting couples  [Your Direction Workshops for Teenagers and Young People](#)

[Family Lives](#) have some great resources around the impact of family breakdown, and offer a free online co-parenting course  [Co-parenting after divorce or separation free online parenting course | Family Lives](#)

[OnlyMums & Dads](#) have a Family Separation Support Hub with lots of useful contacts especially in the context of family law and wellbeing 

[OnePlusOne](#) resources include an app for your phone. You can get practical tips and resources including completing a parenting plan and there are resources to support your emotional wellbeing too.  [Separating better](#) Or learn more [Watch our new Separating better animated video](#)

Or book-mark the Bristol City Council web-page  [Support for separating and separated parents](#)

And finally . .

Support over the holidays from



We understand that the festive season can be challenging. We've added a selection of expert articles to the [news section of our website](#) offering advice and support on topics such as:

- [How to relax](#)
- [Choosing the perfect gift for your partner](#)
- [Your first Christmas as a co-parent](#)
- [Christmas with disabled children](#)
- [Cuddles and cuppas: the importance of small gestures in relationships](#)