



For more information and support...

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 [Nottshelpyourself/
relationships really matter](http://Nottshelpyourself/relationshipsreallymatter)



A free online family relationship resource for parents in Nottinghamshire to improve communication skills and manage conflict better.
www.oneplusone.org.uk/parents



Reducing Parental Conflict
East Midlands

D&P 8851



Relationships Really Matter


Do you want to make sure that grown up arguments and worries don't affect your whole family?


 Nottinghamshire
County Council

 Nottinghamshire
Safeguarding
Children Partnership

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All families argue...



But do you want to make **changes**?

Conflict between carers or parents – *whether together or separated* – can be difficult. Many factors can cause conflict: money, relationship, household chores, unemployment, etc. However, when it becomes **frequent, intense & poorly resolved**, it can negatively impact on children.

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Offers support & resources to help you understand conflict & improve communication. This is available to all parents & carers - whether you are together, separated, separating or any other family units.

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