

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 they are 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



Birth of
sibling



Tests/Exams



Illness



Bullying



Friendship



New family
members



Physical/
Emotional changes

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

You always do this

You always give in to him/her

You don't know how I feel

You're always at work

You never listen

That's not what I said

You always overreact

It's always down to me

It's your fault

You don't support me



How do arguments leave you feeling?

Down

Hurt

Fed up

Anxious



Resentful

Out of control

In control

Responsible

Frightened

Worthless

Angry

Stuck

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

Feel
responsible

Poor sleep

Scared

Sad

Withdrawn

Angry

Poor
attainment

Cringey

Poor
attention

Lack of
friendships



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

Pause. Share it. Solve it.

A good place to start is to think about...

How might your children feel when you argue?

- What happens when you argue?
- Is it always about the same thing or lots of different things?
- How do you both react?
- What triggers the arguments?
- Is this the right time to tackle the issue?



Pause. Share it. Solve it.

It helps to see another person's point of view...

What Next?

- Consider using "I feel" instead of "you did/said"
- Truly listen to the other person
- Stop trying to get your own way
- Reach a compromise
- If you feel that you haven't handled things well then tell the other person this
- Leave the argument where it is and pick the discussion up at another time



Pause. Share it. Solve it.

Once you have clarity on the issue you might want to consider...

- Is there a practical solution to who does what (eg. Finances, childcare, housework, rotas etc)?
- Check that you both agree/agree to disagree with the solution
- What small things can you both change?
- How can you both ensure things are shared fairly?
- When things are calm ask each other what you did that was different and what effect this had.

At times you might need a little bit of help with your relationship or support as a family. For further advice/information on areas such as; health, parenting, housing, finance or domestic abuse visit:

www.directory.westberks.gov.uk.westberks.gov.uk

“Children are like sponges and absorb everything around them (even when you think they’re not listening)”

Contact details

For support you can contact:

Your child's Family Support Worker in School

One of the Family Hubs –

Central Family Hub, Thatcham (01635 865315),

East Family Hub, Calcot (0118 945 6157),

West Family Hub, Newbury (01635 31143) or

Hungerford Family Centre (01488 682628)

The Early Response Hub at West Berkshire Children and Family Service
(01635 503090)