

STRONGER RELATIONSHIPS, HEALTHY PARENTING



BURY FAMILY HELP SERVICE

What is Stronger Relationships, Healthy Parenting?

We understand that there are different kinds of conflict in relationships. Not all conflict is damaging, but it's important to remember that the way it is displayed, how often it happens and how conflict is dealt with can all have a negative impact on children. It only starts to become a problem when conflict is frequent, intense and not resolved well. We have developed our own in-house parenting programme called **Stronger Relationships, Healthy Parenting** which is aimed to support parents / carers who are experiencing difficulties in their communication and ability to co-parent effectively.

Who is it suitable for?

Parents (including step-parents) and / or carers of children aged pre-birth to 18 years old where;

- They live together and there are frequent arguments and conflict, this could be due to different parenting styles and values, or other factors such as money.
- They are in the process of separating and are struggling to navigate this without high levels of conflict.
- They have separated and there are ongoing arguments and conflict over child contact arrangements, finances etc.
- The programme is not suitable where domestic abuse is present.

What can I expect from attending the programme?

It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together. Topics include:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.
- Healthier and more effective communication styles, problem-solving skills, and conflict-resolution techniques.
- How parental conflict can impact on children.
- How to develop your own co-parenting plan

How do I access Stronger Relationships, Healthy Parenting?

A Lead Professional can refer you onto the course. Alternatively, you can self-refer using the QR code.

