

Resources for the toolkit for positive communication to build stronger relationships

Contents

Further help for parents.....	1
More digital resources	2
Advice on Handling Arguments.....	2
Separating or separated?	2
Relationships and caring for a disabled child	2
Useful apps	2
Further help for professionals.....	3
Measures	3
Me and my family cards.....	6
Additional resources	8
Bristol Relationships Matter Mailing List Sign-up form	8

Further help for parents

Bristol City Council has provided funding to access the licence for three parenting interventions from OnePlusOne to help promote quality relationships. Residents living in Bristol can access them for free at oneplusone.org.uk

Becoming parents can change your relationship. Tiredness and stress associated with parenthood can lead to you and your partner misunderstanding each other. This online course can help you improve communication skills and manage conflict better. **Me, You and Baby Too** is packed with videos and animations to help couples navigate the transition to parenthood.

If you want to understand the impact of parental arguments on children, try this **Arguing Better** online course. Knowing how to argue in a constructive way can make all the difference to your relationships.

Separating can be difficult for everyone involved. **Getting it Right for Children** helps parents develop effective ways to co-operate after separation. When parents separate, it's easy for children to get caught in the middle of their disagreements. **Getting it Right for Children** is a free online course for parents in Bristol designed to help them parent co-operatively after parting.

More digital resources

Powerful videos highlight the damaging impact parental conflict can have on children. Take a look to learn how you can do things differently. seeitdifferently.org

And more videos and support to help you do things differently from Relation Kit relationkit.co.uk

Looking for free, expert relationship advice or a supportive community to discuss relationship issues with? Visit clickrelationships.org from the relationship experts at OnePlusOne.

Advice on Handling Arguments

[Relate](http://relate.org.uk) (relate.org.uk) have a section on their website for handling arguments. It includes bite size information, videos and tools to help you think about how and why arguments start, dealing with the moment and after.

“We always say: conflict is inevitable. It’s how you deal with it that counts” [Relate | The relationship people](http://relate.org.uk) (relate.org.uk).

Separating or separated?

- Free online course [Parenting Post Separation - Fegans](http://fegans.org.uk) (fegans.org.uk)
- Helpful resource for separated or separating parents from Anna Freud [Advice for parents and carers in conflict or separating](http://annafreud.org) (annafreud.org)
- [Planning Together for Children - Cafcass - Children and Family Court Advisory and Support Service](http://cafcass.gov.uk) has replaced Separated Parents Information Programme (SPIP). It is a course which promotes cooperative parenting and supports parents to think about the needs of their children first when they're working out to parent together when separating or living apart. It isn't currently available for parents outside of the court process or who want to refer themselves, but you can use the [Parenting Plan](http://cafcass.gov.uk). If you can't access the link or don't want to do the plan online, use the Word version [here](#)
- Bristol City Council run a range of parenting courses including **Parents Plus Parenting When Separated Programme**: for parents who're preparing for, going through, or have gone through a separation or divorce. Find the [next course available](http://bristol.gov.uk) (bristol.gov.uk).

Getting On Better cards are designed to help you think about your relationship in a new way, with ideas on how to reduce tension and arguments. Parents can look through the cards and follow the suggestions either together or separately. **Getting it Right for Children cards** will help remind parents of key communication skills from the free course. Look for [downloadable resources](#).

Relationships and caring for a disabled child

Download or order your free guide from contact.org.uk.

Useful apps

[Betweenus-app.com](http://betweenus-app.com) (Tavistock Relationships)

[Gottman cards](http://gottman.com) (Gottman.com)

Further help for professionals

Measures

[Parenting Problem Checklist](http://towerhamlets.gov.uk) (towerhamlets.gov.uk) for intact and separated couples.

This is a good example of a scale that will help support changes in conflict about parenting. Parents are being asked to respond with a frequency AND a seriousness of the problem answer. It is always helpful to know, when parents are struggling to manage family life, if the trouble lies in lots of smallish problems occurring often or few more significant ones happening less often.

Scoring the tool is simple and most parents are able to look at it and get a sense themselves without our help, this information should then form the basis of a plan of intervention, along with the other assessment work and – most importantly – observation, as no amount of measuring can replace the intelligent enquiry of a thoughtful practitioner, it is just a tool after all.

[Relationship Quality Index](http://business.ct.gov) (RQI)(business.ct.gov) is a 6-point Likert scale to assess relationship quality between intact couples.

[Score user-guide](#) for the **whole family**

One of the most important things in improving parental communication and reducing conflict is for parents to understand the impact their relationship quality is having on their children, but without feeling so blamed and attacked so that they become paralysed by guilt and anxiety. One way of helping children to express themselves and have a voice in the work is to use a measure like the SCORE 15, a whole family measure, children can complete it separately and we can tell parents what the differences between the parents' assessment of their family patterns are and their children's. Again, it is a measure that tells us something useful about the nature of the trouble, indicates areas of work and then is sensitive enough to change over time so that when families complete it again at the end of the work these are detected.

Child View Tool Child View Tool adapted from Child's Perception of Interparental Conflict (CPIC) for children ages 9-17 with intact or separated parents by EIF and Dorset (no scoring guide, supports conversation) can be found on the following pages.

Me and my family - adapted from CPIC (www.eif.org.uk)

In every family there are times when family members don't get along. Below are some things that children or young people sometimes think or feel when their family members have arguments or disagreements. We would like you to tell us what you think or feel when your family members argue or disagree. There are no right or wrong answers. This quiz helps us to support your family, you should just pick the answer which is best for you.

My family members hardly ever argue or disagree

- Yes
- No
- Sometimes

I often see my family members arguing or disagreeing

- Yes
- No

Sometimes

They may not think I know it, but my family members argue or disagree a lot

Yes

No

Sometimes

My family members get really angry when they argue or disagree

Yes

No

Sometimes

When my family members argue or disagree they shout a lot

Yes

No

Sometimes

When my family members argue they say mean things to each other

Yes

No

Sometimes

Even after my family members stop arguing or disagreeing they stay angry at each other

Yes

No

Sometimes

When my family members argue or disagree they usually make up right away

Yes

No

Sometimes

My family members usually argue or disagree because of things I do

Yes

No

Sometimes

My family members often argue or disagree because of my behaviour

Yes

- No
- Sometimes

When family members argue they want me to take their side

- Yes
- No
- Sometimes

When my family members argue or disagree I feel (please tick all that you feel)

- Scared
- Unsafe
- I can't stop thinking about their problems

When my family members argue or disagree I... (please tick all that you feel)

- feel sorry for one or both
- try to comfort one or both
- try to be really quiet
- don't know what to do

When my family members argue or disagree I feel (please tick all that you feel)

- caught in the middle
- like they are upset with me
- like it's my fault

When my family members argue or disagree I worry what they'll do next

- Yes
- No
- Sometimes

When my family members argue or disagree I worry about my family's future

- Yes
- No
- Sometimes

When my family members argue or disagree I'm afraid something bad will happen

- Yes
- No
- Sometimes

Me and my family cards

My family members hardly ever argue or disagree.

I often see my family members arguing or disagreeing.

They may not think I know, but my family members argue or disagree a lot.

My family members get really angry when they argue or disagree..

When my family members argue or disagree, they shout a lot.

When my family members argue they say mean things to each other.

Even after my family members stop arguing or disagreeing, they stay angry at each other.

When my family members argue or disagree, they usually make up right away.

My family members usually argue or disagree because of things I do.

My family members often argue or disagree because of my behaviour.

When family members argue they want me to take their side.

When my family members argue or disagree, I feel scared.

When my family members argue or disagree, I feel unsafe.

When my family members argue or disagree, I feel I can't stop thinking about their problems.

My family members argue or disagree, I feel sorry for one or both

My family members argue or disagree, I try to comfort one or both

My family members argue or disagree, I try to be really quiet.

My family members argue or disagree, I don't know what to do.

My family members argue or disagree, I feel caught in the middle.

My family members argue or disagree, I feel they are upset with me.

My family members argue or disagree, I feel like it's my fault.

My family members argue or disagree, I worry what they'll do next.

My family members usually argue or disagree, I worry about my family's future.

My family members argue or disagree, I'm afraid something bad will happen.

Empty rectangular box with a red border.

Empty rectangular box with a red border.

Empty rectangular box with a red border.

Empty rectangular box with a red border.

Additional resources

- [Tavistock relationships blogs and resources](http://tavistockrelationships.org) (tavistockrelationships.org)
- [Anna Freud National Centre for Family Hubs Parental Conflict Toolkit](http://www.gov.uk) (www.gov.uk)
- [Race Equality Foundation Toolkit to reduce harmful parental conflict](http://www.gov.uk) (www.gov.uk)
- Reducing Parental Conflict programme and resources - GOV.UK (www.gov.uk)
- [Reducing Parental Conflict Hub](http://eif.org.uk) (eif.org.uk)
- [Talking with families about parental relationships: Practical tips and guiding questions](http://eif.org.uk) Early Intervention Foundation (eif.org.uk)
- Anna Freud videos on Youtube:

[The impact of parental conflict on children](#)

[In conflict: child triangulation](#)

[In conflict: self-awareness and stress reduction](#)

Bristol Relationships Matter Mailing List Sign-up form

Reducing Parental Conflict Newsletter <https://forms.office.com/e/wBpxQ24MDd>

