

We all have arguments

How do you resolve yours?

We all argue - but do we always feel that arguments are resolved in a way that leaves everyone feeling ok?

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It is normal for parents to argue (whether together or separated), things that affect adults that can cause arguments include...



Things that affect your children that can cause arguments include...



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



How do arguments leave you feeling?



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



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

Pause. Share it. Resolve it.

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



- 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. Resolve it.

It helps to see the other 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. Resolve it.

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



- Is there a practical solution to who does what (e.g. 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 or support as a family. You can find more information on the following pages:

www.worcestershire.gov.uk/harmonyathome

www.worcestershire.gov.uk/earlyhelpfamilysupport



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