

For more information
and advice



Domestic abuse

If you are experiencing domestic abuse Herts Sunflower can offer support and advice.

www.hertssunflower.org



Families First Portal

To find other local and national services for you and your family visit

www.hertfordshire.gov.uk/familiesfirst



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Childrens' Services
Hertfordshire County Council

Do you and your
partner or ex-partner
see eye to eye?



Disagreements are normal,
but if they are getting in the
way of family life support is
at hand.



Better Relationships, Better Parenting

When family life is good, children thrive. By improving your relationship your child might:

- be happier
- have better mental health
- have better relationships with others
- be healthier
- do better at school.

Without blame, work through any issues you're having with your partner or ex-partner for your child's benefit.



Conflict



Whether you are together or apart, conflict in a relationship is completely normal. What matters is how you deal with conflict.

Destructive conflict

- Physical/verbal aggression
- Sulking or silent treatment
- Walking away/withdrawing
- Not overcoming disagreements
- Bearing grudges

Constructive conflict

- Staying calm
- Listening and talking openly
- Finding a solution
- Being positive

We all have a natural reaction to conflict and how we deal with it, but we can learn to deal with conflict more effectively.

How you deal with conflict will impact how your child deals with conflict.

For advice on relationships and conflict visit:

www.hertfordshire.gov.uk/parentrelationships

If you need more in depth support, speak to your local Family Centre or Local School Partnership.

