

When arguments are frequent ...

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

Scared

Clingy

Withdrawn

Angry

Responsible

Sad

Poor
Attention

Lack of
Friendships

Poor
Attainment

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.

Help

At times you might need a little bit of help or support as a family. You can find more information at : <https://www.nhs.uk/live-well/> Or call 0808 800 2222

We all have arguments How do you resolve yours?



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It is normal ...

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



Lack of Communication



Job Loss/Finances



Moving Home



Births



Injury/Illness/Deaths



Parenting /who does



Separation/Loss



Friends/Family

Cause of Arguments

Things that affect your children that can cause arguments



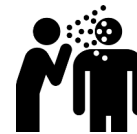
Starting /Moving School



Birth of Sibling



Tests/Exams



Illness



Bullying



Friendships



New Family members



Physical/Emotion

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

