

# Spotlight: Family and Relationships Warwickshire

SEPT 2023

## Reducing Parental Conflict

Warwickshire County Council are committed to supporting our partners to feel confident in working with parents to reduce conflict in their relationships.

### Support to practitioners

In March 2023 we hosted Reducing Parental Conflict Roadshows around Warwickshire, and it was wonderful to see so many colleagues from across a wide range of teams and organisations come together to share experiences and learn more about the impact of harmful parental conflict on children.

We are pleased to announce that following feedback from this event we have developed the current training to front line practitioners and from September this will be a full day. The morning focusses on awareness raising and theory with the afternoon providing colleagues with the opportunity to look through and use the resources available to work with parents and navigate the tricky situations that parents in conflict can present.

The training aims to:

- Help colleagues understand the difference between parental conflict and domestic abuse.
- Help colleagues recognise the effects of parental conflict on children and young people.
- Help colleagues identify the stressors that can trigger parental conflict.
- Increase confidence in working with parents to reduce the conflict in their relationship.

You can book your place and explore the training opportunities available through Early Help [here](#). 30-minute sessions to discuss families you are working with or how to use the tools can be booked via our "RPC Clinics" [here](#).

**A survey of over 42,000 children being seen in Children and Young People's IAPT services has shown that "family relationship problems" are the biggest single presenting factor, being implicated in over 50% of referrals.**



### WHAT IS PARENTAL CONFLICT?

Conflict between parents is a normal part of relationships and family life. Not all conflict is damaging, but the way conflict manifests-its frequency, intensity, and how it is resolved-can negatively impact on children.

Evidence has found that the quality of the relationships between parents, specifically how they communicate and relate to each other, has significant influence on effective parenting and children's long term mental health and future life chances,

Conflict can affect children in all types of parental relationships, which includes:

- Parents who are in a relationship with each other, whether married or not.
- Parents who have separated or divorced.
- Biological and stepparents
- Same sex couples
- Foster and adoptive parents and blended families



## Support for Families

### Family and Relationship programs

Being a parent is probably the most demanding job you will ever have but you are not alone. Did you know that there is a wealth of support for parents and carers in Warwickshire?

Parents/carers can access advice in a variety of ways, from online guides you can read through, virtual 2-hour workshops on a range of topics delivered via MS Teams in the evenings and face-to-face workshops and programs which take place around the County.

Being part of a group can help you realise you are not alone with many of the concerns you have, and it can be encouraging to recognise and build upon your existing skills at the same time as sharing and learning from other parents and carers.

There are many reasons why you may want to attend a workshop or program, this is what some parents have shared in the past:

*I wasn't 100% sure what the course would be about, but it helped a great deal with our general parenting.*

*Was a fun group to be in and was very friendly and supportive.*

*I have learnt that too much emphasis is put on children's behaviour and not on the how the adults in their lives are supporting them.*

Our universal offer is open to any parent who resides in Warwickshire or has a child looked after in Warwickshire.

Online guides are a good first port of call and can be worked through independently or with support. They cover a wide range of support from antenatal bonding to teen years and mental health.

Our 2-hour workshops are face to face and virtual and are offered around the county. They provide an overview of topic and some simple strategies to go away and try. The longer programs (5-10wks) offer more in-depth information and an opportunity for connection. No referral is needed, and parents can book themselves on via Eventbrite.

### Family Support and Parenting Interventions

**Children and families**

Guided and supported by parent trainers, helping you to:

- Gain confidence in your parenting skills
- Understand your child's behaviour
- Improve your child's communication skills
- Build a strong relationship with your child
- Support your child's learning and development
- Manage challenging behaviour

Details regarding parenting support and interventions can be found on the Children and Families pages of the Warwickshire website: [www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies)

**Parenting Support title**

Courses are free, easily accessible and are advertised and bookable through eventbrite.

**eventbrite**

Search [www.eventbrite](https://www.eventbrite.co.uk/), Warwickshire Children and Families or follow the link below: <https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993>

Courses are advertised during the day and in the evening and weekends. Please see eventbrite for specific course details.

If you would like to speak to someone further about the workshops or parenting programmes, please call the Family Support Line on

01926 412412.

Monday to Friday 9.00 a.m. - 4.00 p.m.

or email: [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)

A leaflet for parents and carers detailing the courses is available <https://api.warwickshire.gov.uk/documents/WCCC-529341009-253>

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# Keeping Children in Mind

## Adults Working Together

### Keeping Children in Mind- is new this Summer.

Our Keeping Children in Mind groups in particular focus on relationships within the family and in particular the influence of parental relationships on children, including when there might be conflict and tension. The word “parents” is used to refer to anyone in a parenting role, including foster carers, grandparents, etc.

Each week includes some presentation of theory, some opportunities for discussion about how the theory relates to parents’ own experiences, and a practical strategy, or strategies, to apply in their own situations at home.

The key aims of the sessions are to support parenting through developing the relationship between parents/carers and children by:

- Exploring the importance of positive relationships within families.
- Developing parents’ understanding of the importance of the 4 constructs to support their parenting.
- Developing parents’ understanding of the impact of their interpersonal relationships on children and young people.
- Promoting positive approaches to reducing parental conflict.
- Providing an opportunity for parents to share their experiences with others.

### What those who have attended have said:

*“I was finding parenting frustrating and I was looking for further techniques to help manage my child’s behaviour.”*

*“Help to understand my children’s behaviour “.*

*“To gain more insight on the topics being discussed.”*

*“I feel extremely grateful to have access to this free course.”*

*“I found sharing experiences with other parents so helpful but also illuminating.”*

*“All of us being able to share our experiences in a non-judgmental group of parents and facilitators”.*

*“I wanted to reduce the impact of our separation on my children.”*

*“The wider discussion was incredibly helpful and hearing other parent’s perspectives.”*

*“I’ve learned a lot about myself, and I think it’s made me a better parent.”*

*“Incredibly helpful course and really well delivered.”*



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**Family and Relationships Pages:**

[Family relationships – Warwickshire County Council](#)

**Parent Support Pages:**

[Parenting support – Warwickshire County Council](#)

