

STRENGTHENING PARENT RELATIONSHIPS

Unlocking the potential



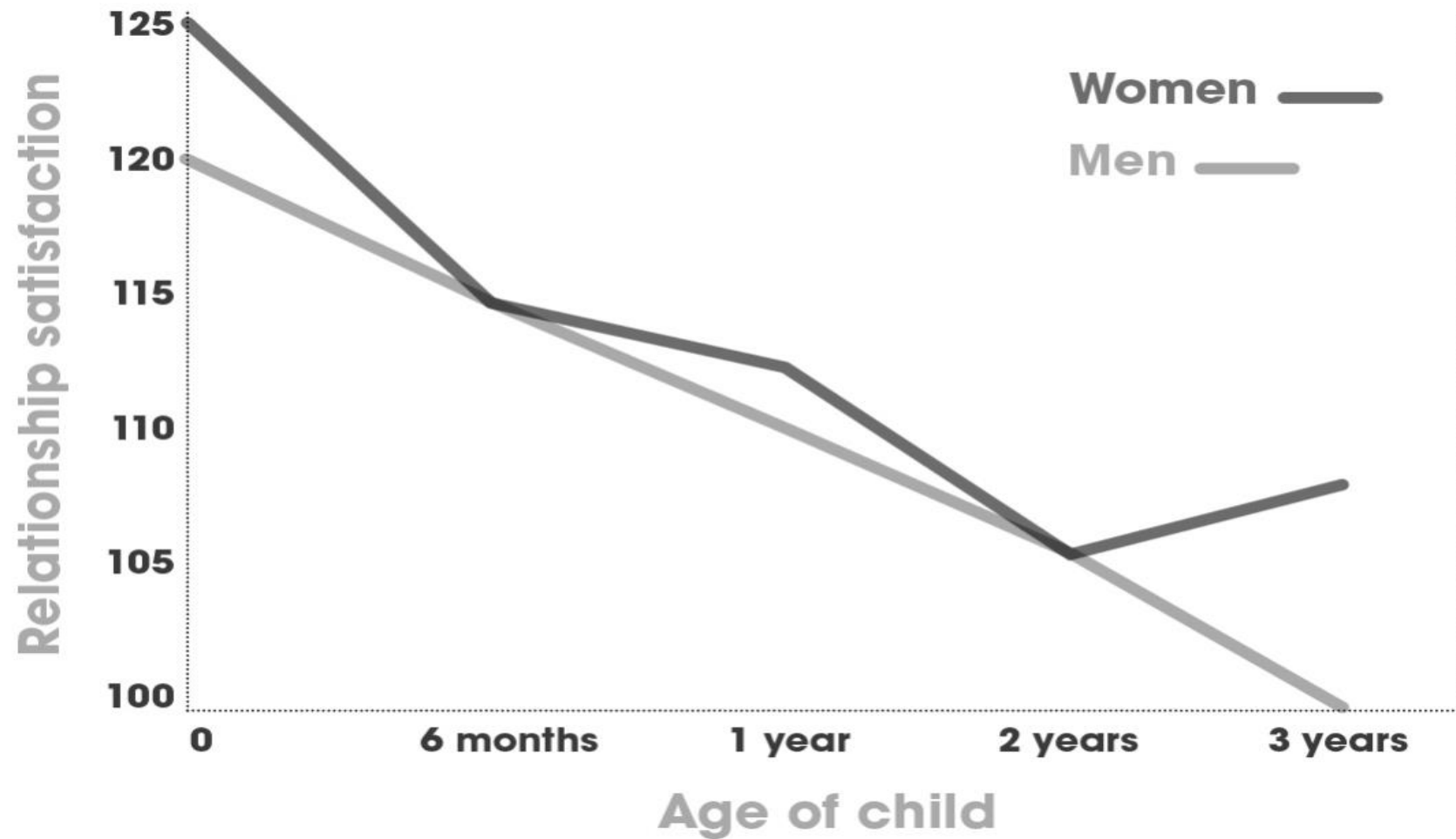
Jan Mitcheson

Why does it matter?

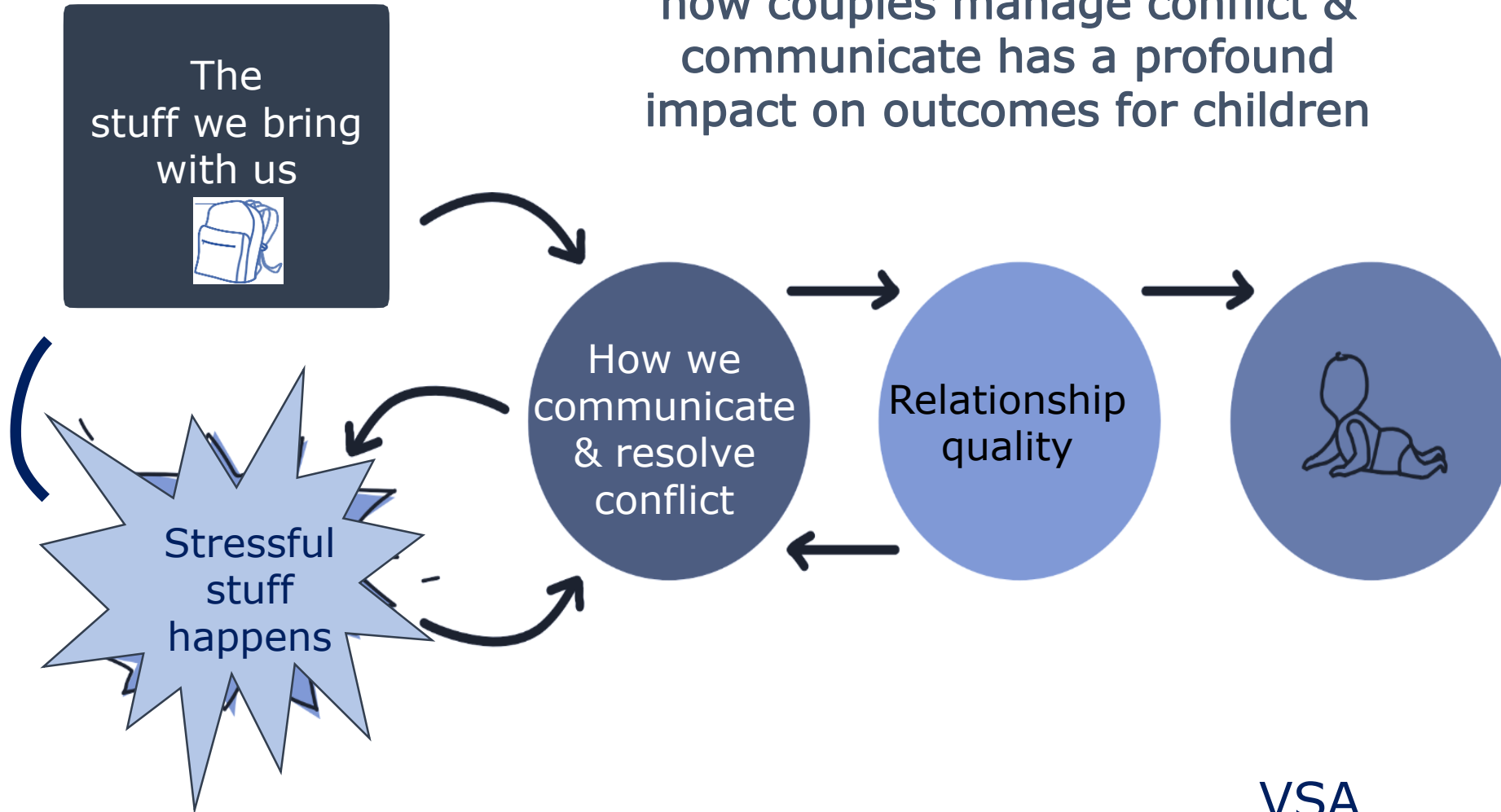
- Why do parent relationships matter?
- What happens to babies and children when their parents argue a lot
- What can we do to strengthen parent relationships



Relationship Satisfaction Declines



What is going on in the parent relationship & how couples manage conflict & communicate has a profound impact on outcomes for children



VSA

Relationship dis Stress

1. Antenatal stress

2. Mental Health

3. Physical Health



RELATIONSHIP QUALITY AFFECTS HOW PARENTS.....

- care for their children
- establish a consistent routine
- provide a stimulating environment for optimum development
- provide emotional security and warmth -attachment
- role model healthy relationships

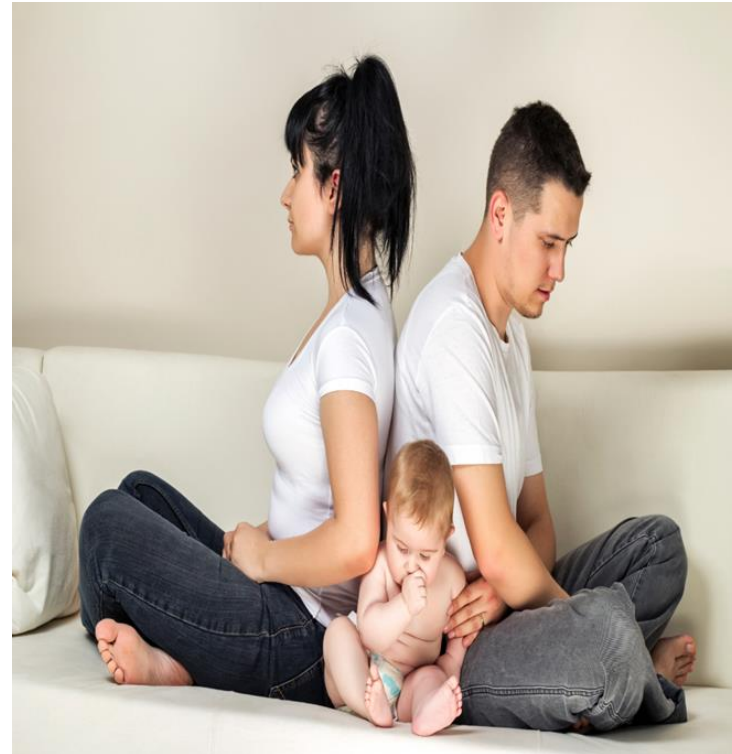


What do new parents argue about the most?



Our survey says?

1. Money
2. Sex
3. Work
4. Bringing Up Baby
5. Housework



CONFLICT BETWEEN PARENTS IS NORMAL

It is how parents argue that matters.

CONSTRUCTIVE CONFLICT

- ✓ Seek compromise
- ✓ Demonstrate warmth
- ✓ Use humour and negotiation
- ✓ Resolve their differences
- ✓ Have discussion without resolution

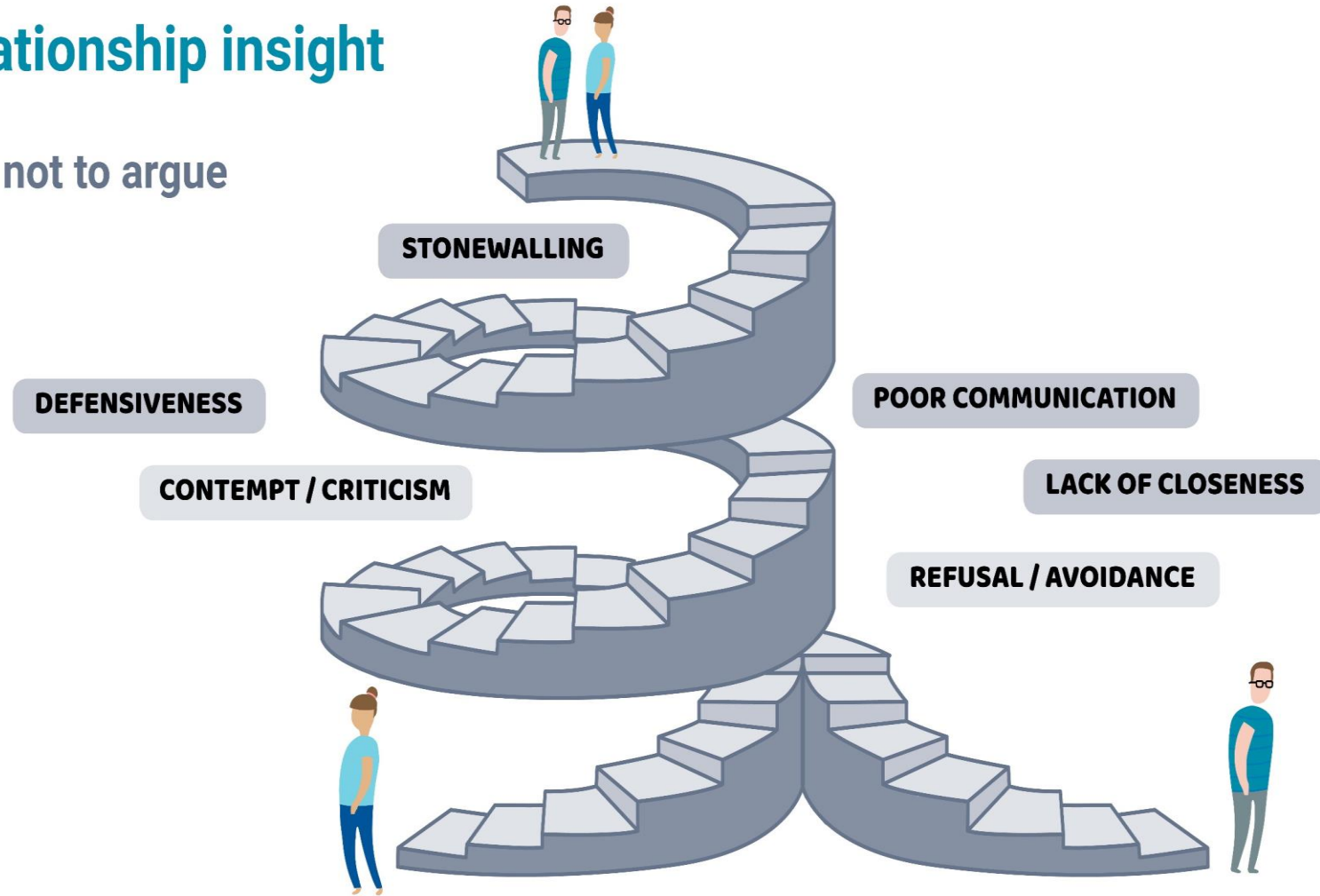


DESTRUCTIVE CONFLICT

- × Intense arguments
- × Verbal or physical aggression
- × The 'silent treatment'
twice a week
2 hours silent
10 days a year
- × Arguments that are about or involve the children

Relationship insight

How not to argue



CONFLICT BETWEEN PARENTS IS NORMAL It is how parents argue that matters.

CHILDREN EXPOSED TO
FREQUENT, DESTRUCTIVE
CONFLICT ARE **MORE LIKELY** TO:



THERE IS A KNOCK ON
EFFECT IN **LATER LIFE** ON:

Experience depression or anxiety
Have physical health problems
Develop behaviour problems
Do worse at school

Adult relationships
Psychological wellbeing
Employment



Kids talk.....



EARLY INTERVENTION

Picking up the signs

HEALTH VISITOR

GP

FAMILY
SUPPORT
WORKER

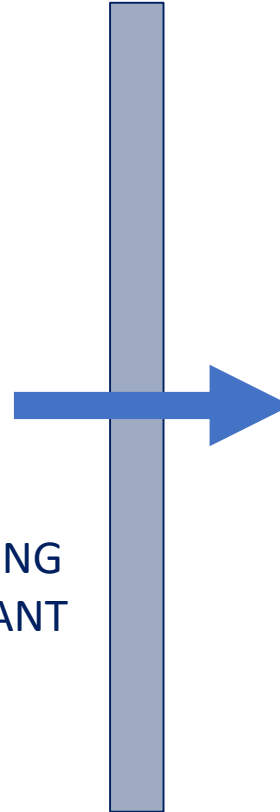


HOUSING
OFFICER

TEACHING
ASSISTANT

PLAY GROUP

Early intervention



Picking up the pieces

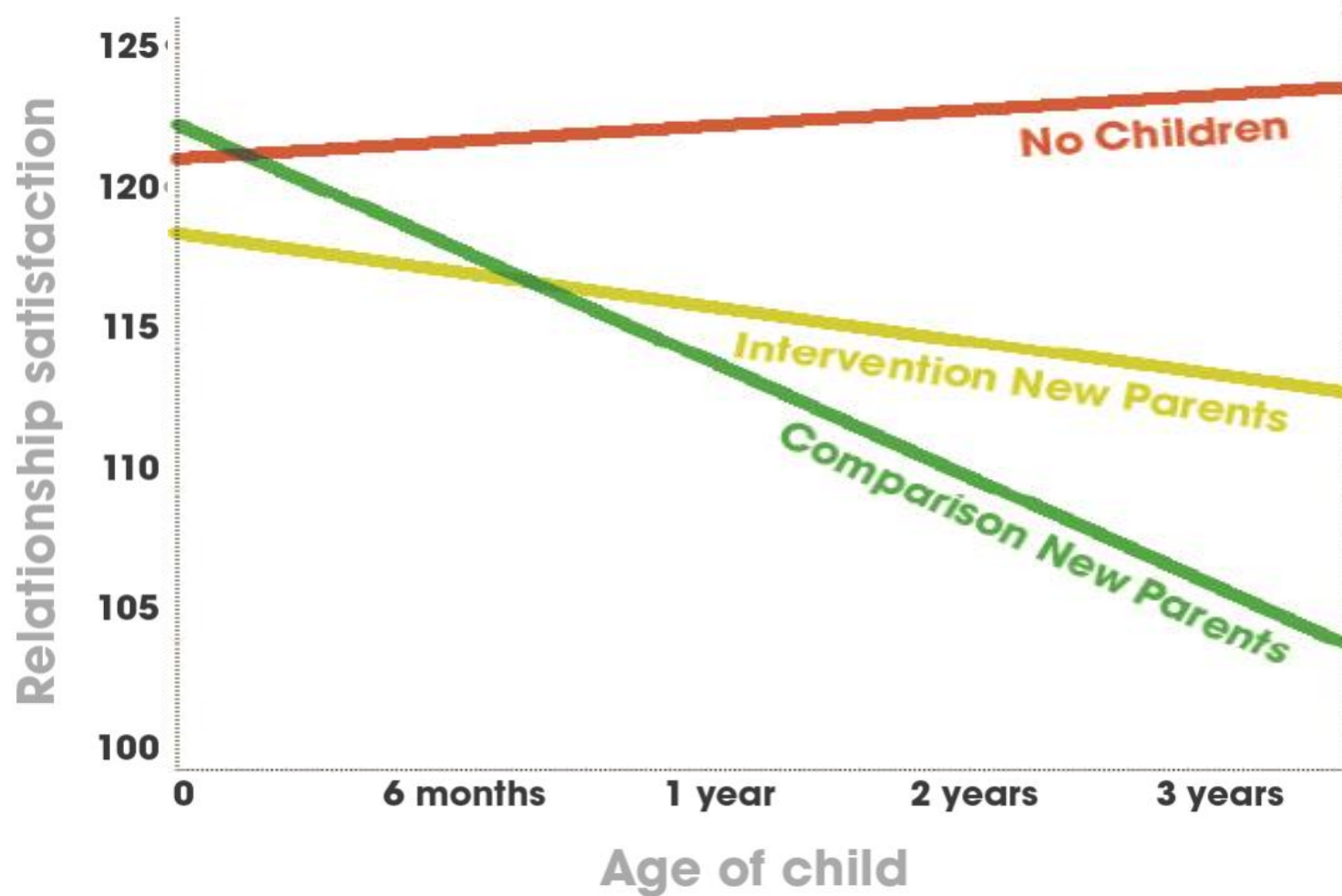
- Social Worker
- Relationship Counsellor



- CAFCASS
- Police
- CAMHS

**Family
Breakdown**

But you can make a difference.....



Relationship insight

Rollercoaster of change

Coping improves

Coping as normal

Coping -still a struggle

Threat & anxiety

Doing ok

SUPPORT ●

Good communication and seeking support early can help a couple to become stronger after a stressful event



Relationship insight

Sliding scale of happiness



6

Relationship insight

Hidden issues



We can help



Relationship support from a mobile-friendly platform.

Information and film clips based on relationship science and research evidence, accessible 24/7.

Helps parents understand more about their relationship and what they can do to strengthen it.

We are easy to find...

OnePlusOne is a research-based charity which aims to strengthen relationships and help families and communities thrive.

We have been working with frontline practitioners for 30 years, learning more about couples and families from the people who support them everyday.

Find us at www.oneplusone.org.uk



SUPPORTING PARENT RELATIONSHIPS

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