

# We all have arguments

How do you solve yours?

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

[www.seeitdifferently.org](http://www.seeitdifferently.org)



It is normal for parents to argue (whether they are together or not). Things that affect you as an adult can include...



Things that affect your children that may also impact on you can 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

# Happy Families, Happy Futures



☎ 01305 228460

✉ [happyfamilieshappyfutures@dorsetcouncil.gov.uk](mailto:happyfamilieshappyfutures@dorsetcouncil.gov.uk)

## Who's it for?

We can support anyone who has a significant caring responsibility for a child, including parents who are:

- in a relationship
- separated or divorced
- biological or step-parents
- foster or adoptive parents
- same sex parents

## Is this for me?



- Do you feel listened to by the other parent?
- Do your arguments seem to go round in circles?
- Can conversations make you feel tense or frustrated?
- How do you react?

How can Happy Families, Happy Futures help?



## How we support parents

We offer free, flexible support and aim to work with you to agree how we can best help you.

We can help with things like transport or childcare to make it possible to attend sessions.

Support can either be delivered in one to one sessions, or as part of a group.

## What next?

Once you've completed a referral with a trusted staff member or worker, we'll contact you to arrange an initial appointment.

At the appointment you can:

- meet with a family support worker
- ask questions
- decide if it's right for you

This programme is not suitable if you have concerns about domestic abuse or coercive control. You will need to access other specialist support for this. For more information, support or to download a referral form visit:

🔗 [dorsetnexus.org.uk/Page/13594](http://dorsetnexus.org.uk/Page/13594)

Programme managed by Twin