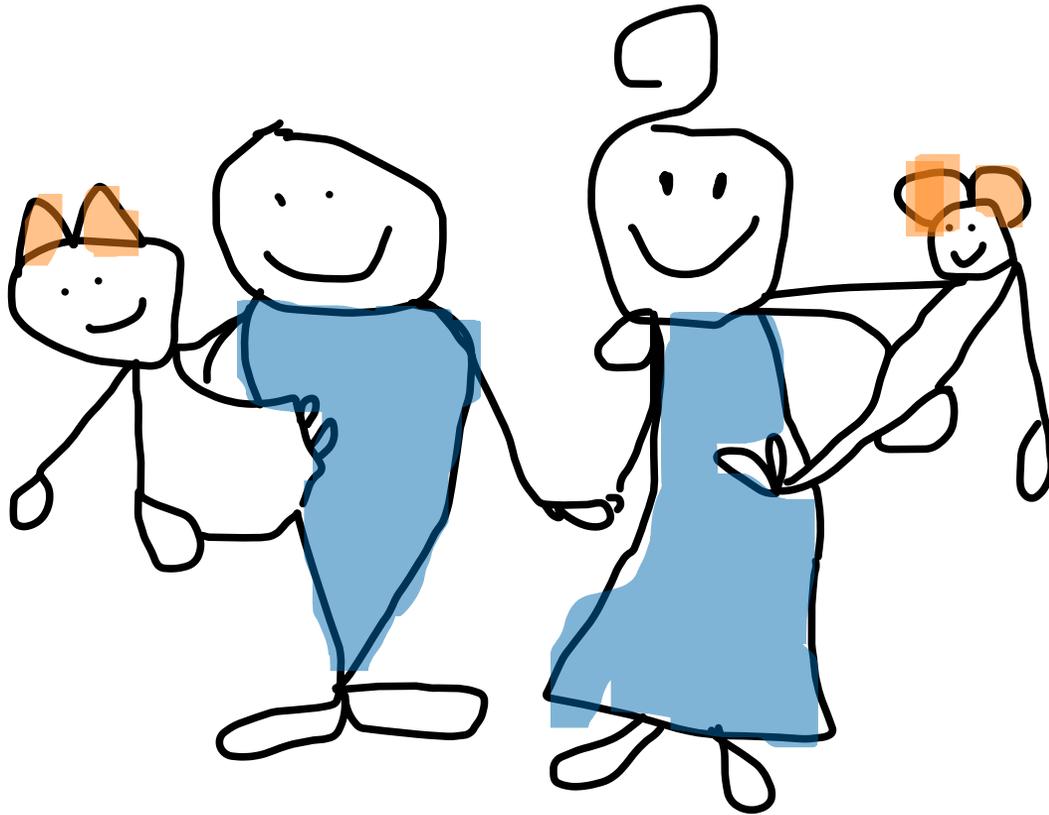


Reducing Parental Conflict Newsletter 12

Sign up to our newsletter [here](#)
or scan the QR code





Hello and welcome to the twelfth newsletter for the Bristol area, focusing on support for couple parents or separating or separated parents in **relationship distress**

relationshipsmatter@bristol.gov.uk

Features

1. Parenting when Separated – NEW COURSE for parents starts **Jan 2024**
2. Blog: An evening with Phillipa Perry and Relationships Matter week commencing **5th Feb 2024**
3. Engaging Dads
4. Intercom Trust for LGTB+ families

Multiagency training

5. Understanding Parental Couple Conflict **Tuesday 28th November 9.30 to 1.00**
6. Reducing Parental Conflict Resources Showcase **Tuesday 12th December 9.15 – 10.30am**
7. E-learning for practitioners and managers

Resources to support inter-parental relationships

8. OnePlusOne **videos**
9. Supporting Inter-Parental Conflict Project
10. **Animation** aimed at parents and children to explain why [Relationships Matter](#)
11. OnePlusOne **digital interventions** (download the practitioner guides from 'select a guide) [here](#)
12. Getting on Better and Getting it Right for Children **cards**
13. Strengthening families, strengthening communities **Parenting Apart or Parenting Together** 6-week programme

1. Parenting when separated

Next course starts January 2024
Monday afternoons or
Wednesday evenings



The Parents Plus Parenting When Separated Programme is a FREE six-week evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

Topics

- Solving co-parenting problems in a positive way that focus on the needs of children
- Cope with the emotional impact of separation and stress management techniques
- Help children cope with the impact of the separation both emotionally and practically
- Enhance communication with children and with the other parent

Enrol [here](#)

For more information contact:



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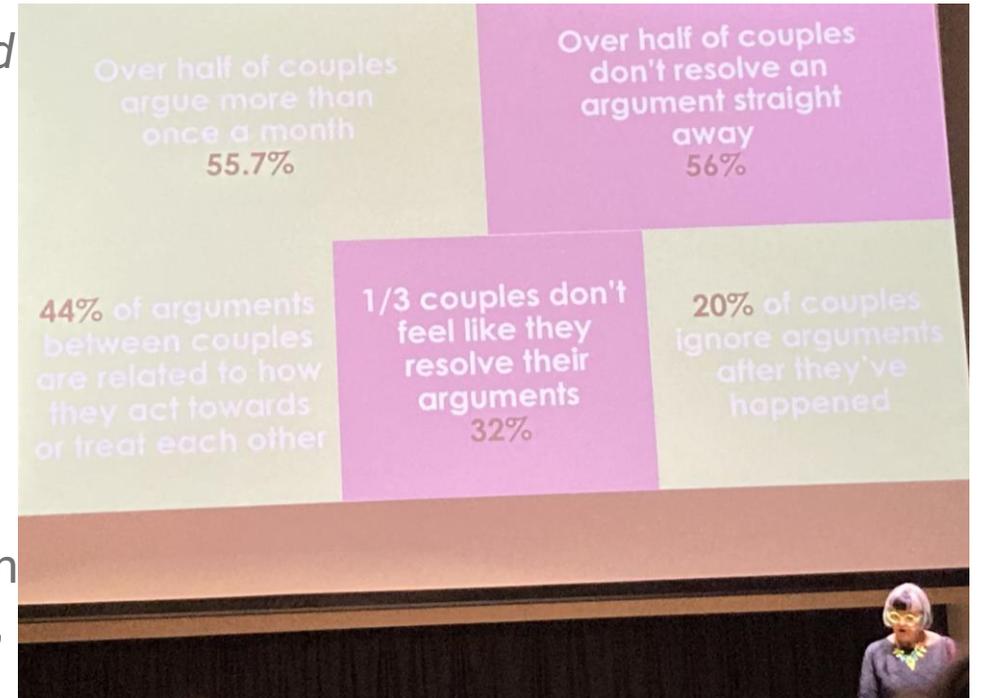
2. An evening with Philippa Perry by Emily Ingle

I attended an evening with psychotherapist and agony aunt Philippa Perry to celebrate the publication of her latest book at St George's this week. *The Book You Want Everyone You Love* to Read* is dedicated to relationships. We are all in them – with lovers, family, friends, ourselves – but many of us struggle with their entanglements or crave for more connection.

Perry believes that if we understand better how to manage relationships, we will potentially sail more smoothly through life's inevitable storms.

Using interactive Slido technology and slides, she talked us through the four themes that structure her book; how we (1) love, (2) argue, (3) change and (4) find contentment.

When dealing with stress, as so many of us do, she encourages us to find coping mechanisms rather than feel shame. "Our strength is not in our resilience; it is in recognising and owning our vulnerability. The last thing someone in a difficult position needs is to feel ashamed – we need help and compassion, starting with our own compassion."



**and maybe a few you don't*

An evening with Philippa Perry continued

Happy couples turn towards their partners approximately 20 times more than couples in distress during everyday, non-conflict discussions.

Two anecdotes stood out to me; one was from Gottman about research into successful couples. Firstly, **Turning Towards Bids for Connection:** In healthy relationships, partners continually make **bids for connection** through gestures, questions, or requests for attention. Responding positively to these bids fosters emotional connection and strengthens the bond between partners. If you are reading the newspaper and your partner says, “look there’s a squirrel” it turns out its best to look up and say, “oh yeah” than to reply, “not now, I’m reading something interesting.”

Secondly, a client Philippa was working with complained about everyone, his boss, his partner, even Phillipa (who was late to an appointment), *she’s so unprofessional*. Eventually he told her about his stepfather, his abuse, and how his mother didn’t believe him. He couldn’t address his anger with his stepfather and mother who should have protected him, instead it seeped out into every other relationship.

sometimes, we may be the problem when we are complaining about someone else. We need to consider the way we respond to someone is our responsibility, not theirs.



In a bid for a week dedicated to Relationships Matter in February next year, I have been reflecting on how important relationships are to our wellbeing, resilience and confidence. The week will focus on all different relationships including couples, ex-partners, parents, children, colleagues, residents and, of course, ourselves. Please do get in touch if you would like to contribute a workshop or webinar or help us to plan the week.

SAVE THE DATE - 5TH TO 9TH FEBRUARY 2024

3. As part of their partnership with the [The Royal College of Midwives \(RCM\)](#), the Fatherhood Institute has created a series of podcasts featuring interviews with researchers, midwives, fathers, and experts in father-engagement.

The podcasts address various touchpoints on a man's journey through the perinatal period (from pregnancy up to a year postpartum), focusing on his interactions with health services.

The first episode takes you on a whistle-stop tour of human fatherhood courtesy of Dr [Anna Machin](#), the world-renowned evolutionary anthropologist, whose pioneering work explores the science and anthropology of fatherhood.

Anna finds out about the origins of modern dads, the changes that happen in men's brains when they become fathers - and why we need a huge cultural shift to improve the support they receive.

You can listen to the podcast for free, no app download required, on:

PodChaser: <https://bit.ly/3RQP3IS>

PlayerFM: <https://bit.ly/3rNavxF>

Find out more on Dr Machin's website: <https://annamachin.com>



Engaging Dads



4. Intercom Trust – Family Pride South West

Intercom Trust, one of the initiatives funded by the Challenge Fund, are now taking referrals for their new project – **Family Pride South West**. Though the in-person events are throughout Devon and Cornwall, including Plymouth and Torbay, there are some on-line activities and support available.

The project has 4 components:

- **Family Pride Events** – fun family events for all LGBT+ families (families where at least one member is LGBT+)
 - **Parenting Support** – delivering an 8-week Group Triple P course for LGBT+ parents/carers with children between the ages of 2 and 12, focussing on parenting skills
 - **Family Relationship Support** – family practitioners can work with families where there is tension or communication problems between parents (together or apart)
 - **Couples/co-parent counselling** – has counselling available for parents who wish to work through difficulties in a therapeutic setting.
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- Any LGBT+ family can book onto upcoming events via their [Eventbrite page](#). For parenting support, mediation or counselling, families can be referred, or can self-refer via their **Helpline: 0800 612 3010 (9am – 4pm weekdays)** / email helpline@intercomtrust.org.uk or [website form](#). Please share their [webpage](#) with parents and families who may be interested in the project. For more information, please contact izzy@intercomtrust.org.uk.
 - You can find more information about the Challenge Fund initiatives here [Summary-of-Awarded-Initiatives.pdf \(rpcchallengefund2.co.uk\)](#)



5. Understanding parental couple conflict - Its Impact On Children's Outcomes And What We Can Do To Help

- Tuesday 28th November 9.30am – 1.00pm

This workshop is for any for practitioners or manager working with expectant parents, parents/carers, children and their families. Led by Emily Ingle lead for **reducing parental conflict** in Bristol City Council, it will take place on MS Teams. Support for parental relationships is one of the family hub wider services.

Outline programme and specific learning outcomes

Refreshing our understanding of the evidence, parental couple conflict research, established and new

- Understanding of the nature and impact on the child of parental conflict, parental gatekeeping, the child who is trying to manage relationships with separated parents
- Starting the conversation about relationship quality with parents, using some measures and tools to help

[Click here to book](#)



Or scan to book

6. Reducing Parental Conflict Resources Showcase:

Tuesday 12th December 9.15 – 10.30am

Join us to find out about the oneplusone digital interventions and other resources that are available to support healthy parental relationships.

These resources combine evidence-based information, activities, animations, and video clips specifically designed for this audience.

Click to book [here](#)



7. Practitioner and manager training modules

For BCC staff please access [here](#)



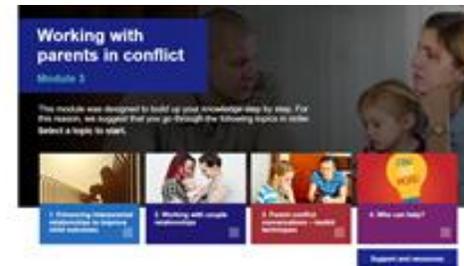
Module 1 – Understanding Parental Conflict and its impacts on child outcomes

https://sscb.safeguardingsomerset.org.uk/sscp-training/module1/story_html5.html



Module 2 – Recognising and supporting parents in parental conflict

https://sscb.safeguardingsomerset.org.uk/sscp-training/module2/story_html5.html



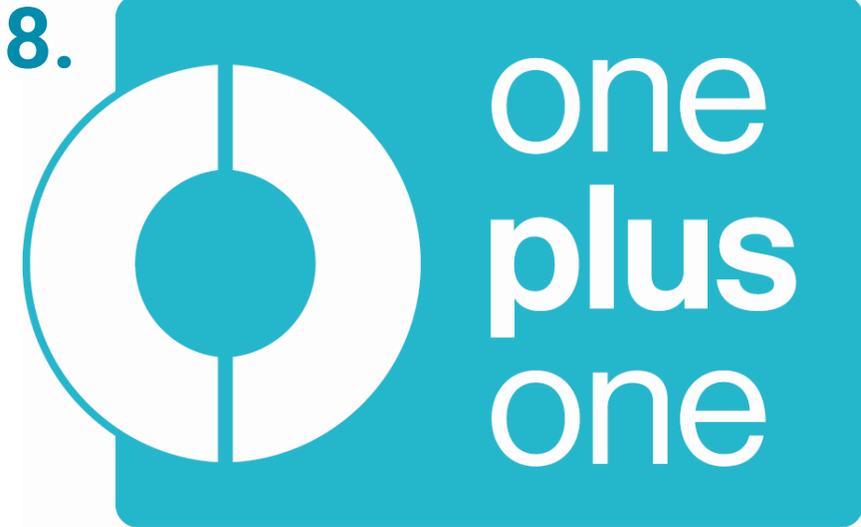
Module 3 – Working with parents in conflict

https://sscb.safeguardingsomerset.org.uk/sscp-training/module3/story_html5.html



Module 4 – Role of the supervisor

https://sscb.safeguardingsomerset.org.uk/sscp-training/module4/story_html5.html



- Oneplusone are pleased to offer you a selection of video clips which you can use to promote our digital interventions for parents.
- Each clip is designed to encourage parents to reflect on how their behaviour might affect their children.
- Parents can scan a QR code at the end which takes them directly to the parent resources.
- In addition to using these clips on social media, you might also find them helpful to use with parents to start a conversation before signing them up to the digital courses.

The clips below are all on YouTube and are ready for you to use:

- [Kids talk FROST](#) – A young girl reflects on how she feels when her parents argue, compared to when they make up again.
- [Kids talk FUTURE](#) – Girls talk about how their parents' arguments might affect their own adult relationship choices.
- [Kids talk MONEY](#) – A young boy describes how he feels when he hears his grandparents arguing about money.
- [Kids talk TORN](#) – A young girl describes how she feels when her parents argue.
- [Listening activity trailer](#) – An animated trailer for the listening activity from *Me, You and Baby Too*, encouraging parents to take turns to really listen to each other.
- [Thoughts, feelings, behaviours](#) trailer – An animated trailer to encourage parents to think about why someone is behaving the way they are before reacting.
- [Luca trailer](#) – A trailer for the full 'Luca's family' video on www.seeitdifferently.org to encourage parents to think about why someone is behaving the way they are before reacting.

9. Supporting Inter-Parental Conflict (SIPCo)

a project to improve parents' relationships

- Do you have a child or children aged between 8 and 14?
- Do you find it hard to get on with your partner or your ex?
- Do you frequently argue or shout at each other?
- Or have you stopped talking to each other because it's too difficult?
- Are you willing to try something new to help resolve your conflict?

Families receive up to £120 of vouchers for taking part (£10 per questionnaire)
This project is suitable for instances where only one parent wants the support too.
Video of Gina explaining the project can be found here:

[Welcome to the Bristol Safeguarding in Education website](#)



**Referrers will receive a One4All voucher for £5
for every family you refer that is included in the project**

If you are interested, please contact Gina PaziENZA

 07721 635376

 relationships@bristol.gov.uk

 bristol.gov.uk/relationshipsupport



10. Relationship Support for Parents in Bristol

Many of us will remember what it was like to listen to our parents arguing.

Conflict in relationships is part of everyday life but conflict, which is frequent, intense and poorly resolved can have harmful effects on children.

Knowing how to **manage stress and communicate better** can make all the difference to your relationship and your child's wellbeing.

To find out about the support available in Bristol



bristol.gov.uk/relationshipsupport



relationshipsmatter@bristol.gov.uk



To find out more watch this short animation [here](#)

11. FREE Online Courses for Parents in Bristol



Knowing how to argue in a constructive way can make all the difference to your relationships. **Arguing Better** will help you to improve communication skills and manage conflict better.



Becoming parents can be tiring and stressful and this can effect your relationship. **Me, You and Baby Too** can help you improve communication skills and manage conflict better.



Separating can be difficult for everyone involved. **Getting it Right for Children** is designed for parents to help them parent co-operatively after parting.

You can register for an account and find support on registration [here](#).

Please note you will be asked to enter your name and email address and to set a password.



Practitioner access

12. Printable Resources to Support Healthy Relationships - Getting on Better Cards

Reduce conflict and improve communication skills with these **Getting on Better cards**. Whether together or separated, parents in Bristol can help to improve their relationship with these pocket-sized, thought-provoking cards.



Available in English Arabic, Polish or Somali. Download here [Relationship support for parents and co-parents \(bristol.gov.uk\)](https://bristol.gov.uk/relationship-support-for-parents-and-co-parents)

13. Strengthening Families, Strengthening Communities Programme



NEW online courses available, one exploring relationships where you live in the same house as a co-parent (that could be two biological parents or it could include another key adult who helps bring up children like a grandparent or step parent); and a second where co-parents live apart in different homes but still share children. These courses are **free of charge** currently so sign up [now](#) (they are usually charged at £175 each).

- Would you like to reduce the arguments and disagreements in your family and cope better with stress? Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- The Race Equality Foundation's courses aim to develop better family relationships and reduce parental conflict based on the *Strengthening Families, Strengthening Communities* approach and draw on years of expertise of working with parents.
- Delivered as courses (for parenting together or apart) over 6 weeks with online sessions released weekly and completed in your own time and 6 online live group discussions facilitated by a qualified facilitator. Next groups (**Wednesdays**) for **Parenting Apart** or **Parenting Together** starts **8/11/23 6pm, 15/11/23 1pm, 29/11/23 11 am** so encourage parents to enrol now [Stronger Relationships courses - Strengthening Families, Strengthening Communities \(strengthening-families.net\)](#)