



## For more information and support...

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 Nottshelpyourself/  
relationships really matter



A free online family relationship resource for parents in Nottinghamshire to improve communication skills and manage conflict better.  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)



Reducing Parental Conflict  
East Midlands

D6P 8851



# Relationships Really Matter

Do you want to make sure that grown up arguments and worries don't affect your whole family?



Nottinghamshire  
County Council



Nottinghamshire  
Safeguarding  
Children Partnership

# All families argue...



## But do you want to make **changes**?

Conflict between carers or parents – *whether together or separated* – can be difficult. Many factors can cause conflict: money, relationship, household chores, unemployment, etc. However, when it becomes **frequent, intense & poorly resolved**, it can negatively impact on children.

## **Relationships Really Matter**

*Offers support & resources to help you understand conflict & improve communication. This is available to all parents & carers - whether you are together, separated, separating or any other family units.*