



HM Government

# Understanding Parental Conflict and Its Impact on Child Outcomes What Does Evidence Say?





# True or False

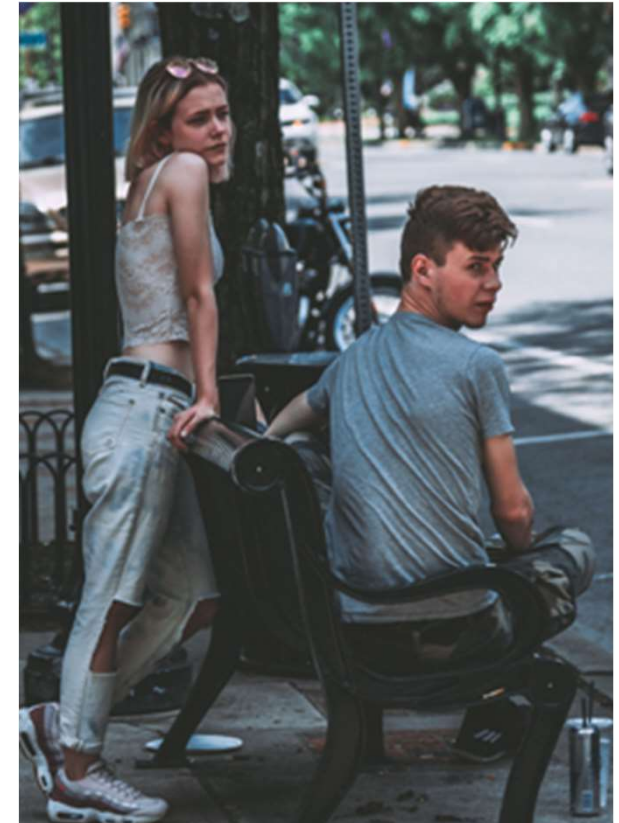
The quality of the parental relationship plays a significant role in affecting children's long-term emotional, behavioural and academic outcomes.

Children as young as 6 months show distress such as increased rate in response to hostile parental exchange

40% - 70% of couples experience a decline in relationship quality in their first year of parenthood.

All children exposed to conflict are damaged as a result of their experiences.

Every Child experiencing conflict between parents shows signs of distress



# What the evidence tells us:

Parental conflict, which is frequent, intense and poorly resolved, (whether parents are together or separated) places children at risk of poor social, emotional and educational outcomes.

Couples in relationships that are characterised by hostility and distress are typically less sensitive and emotionally responsive to their children's needs.

Offering evidence-based support with the parent-child relationship alone is likely to be ineffective, where there is conflict between parents.



## By the end of the training, practitioners will be able to:

- Raise parents' awareness of the issue of parental conflict.
- Use digital resources to help parents recognise conflict and destructive behaviour patterns.
- Enable parents to develop positive communication skills and helpful conflict behaviours.

# Reducing Parental Conflict: OnePlusOne's Digital Offer

	Me You and Baby Too	Arguing Better	Getting it Right for Children
<b>Audience</b>	New and expectant parents – targeted or universal.	Parents experiencing high levels of stress and couple conflict.	Separating or separated parents experiencing high levels of conflict.
	<ul style="list-style-type: none"> <li>• To help new and expectant parents adapt to the changes that parenthood can have on their relationship.</li> <li>• To raise awareness of the impact of stress and conflict on their baby.</li> <li>• To support parents to develop skills to manage conflict constructively.</li> </ul>	<ul style="list-style-type: none"> <li>• To raise awareness of parental conflict and its impact on children.</li> <li>• To increase parents' capacity to cope with stress together.</li> <li>• To support parents to develop skills to manage their conflict more constructively.</li> </ul>	<ul style="list-style-type: none"> <li>• To raise parents' awareness and understanding of how they are putting their child in the middle of their conflict.</li> <li>• To help parents to develop positive communication skills.</li> <li>• To support parents to co-operate and work out solutions together.</li> </ul>

# Evidence of effectiveness (how we know it works)

Me, You and Baby Too (MYBT)	Arguing Better	Getting it Right for Children
<ul style="list-style-type: none"> <li>Two testing phases showed MYBT significantly reduces parental conflict and increases relationship satisfaction.</li> <li>Qualitative interviews with practitioners already using the resources revealed MYBT to be successful in engaging hard to reach parents, particularly young parents and dads.</li> <li>Parents completing the course demonstrate positive behaviour change in conflict and communication skills.</li> </ul>	<ul style="list-style-type: none"> <li>This course is grounded in dyadic coping theory and Couples Coping Enhancement Training (CCET).</li> <li>CCET has been extensively evaluated and shown to be effective in supporting a couple's ability to cope with stress and their overall relationship satisfaction.</li> <li>A case study evaluation of 'Arguing better' shows its usefulness in raising awareness of conflict management and effective communication.</li> </ul>	<ul style="list-style-type: none"> <li>Parents completing 'Getting it Right for Children' reported a significant improvement in their co-parenting and communication skills, including being more likely to stay calm when talking to their ex-partner and significantly more likely to talk to each other about childcare issues.</li> <li>Parents are significantly less likely to allow their children to get caught in the middle of their disagreements.</li> </ul>

# Digital Portal Practice Session

Please log onto the site: [Southwark.opo.org.uk](https://Southwark.opo.org.uk)



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### Reducing parental conflict – digital package

Three evidence based courses for parents in England.

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# Summary & What Next

- The Programme will focus extensively on the Impact of Parental Conflict, our role as Professionals and tools for parents.
- Parents can freely access the four digital interventions – Me, You & Baby too, Arguing Better, Getting it Right for Children & Debt. They can use them independently, or as part of a blended approach with the support of a practitioner encouraging reflection and supportive conversations.
- This programme will equip practitioners with the skills, confidence, and tools required to support parents through many of life's challenges.
- The programme breakdown for parents is Module 1 – Raising their awareness to the impact of Parental Conflict has on their children. At the end of Level 1 they are introduced to the Digital Portal
- The programme breakdown for practitioners is Module 2 & 3 (6 hours maximum or 2 hours minimum) followed by an introduction to the Digital Portal that they will offer to parents.

## **Training Options:**

1. Be given a slot on your inset day to cover modules 2 & 3.
2. Split modules 2 & 3 over two inset days.
3. Or any other options that suit your school

## To Book a Training for Your School

Please Kindly contact the details below:

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