

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?



WestBerkshire
COUNCIL

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



**Lack of
communication**



**Job loss/
Finances**



Moving home



Births



**Injury/Illness/
Deaths**



**Parenting/ Who
does what**



**Separation/
Loss**



**Friends/
Family**

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



**Starting/
Moving school**



**Birth of
sibling**



Tests/Exams



Illness



Bullying



Friendship



**New family
members**



**Physical/
Emotional changes**

In arguments do either of you find yourself saying....

**You always
do this**

**You always
give in to
him/her**

**You don't
know how I
feel**

**You're always
at work**

**You never
listen**

**That's not
what I said**

**You always
overreact**

**It's always
down to me**

**It's your
fault**

**You don't
support me**



How do arguments leave you feeling?

Down

Hurt

Fed up

Anxious

Resentful

**Out of
control**

In control

Responsible

Frightened

Worthless

Angry

Stuck



When arguments are frequent, heated and not resolved they can affect your child in many ways.

Feel responsible
Scared
Withdrawn
Cringey
Poor sleep
Sad
Angry
Poor attainment
Lack of friendships
Poor attention



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
- Feel more secure and stable
- Sleep better
- Be more resilient
- Worry less
- Learn how to manage conflict
- Learn how to resolve arguments
- Focus at nursery/school
- Have better and more trusting relationships

Pause. Share it. Solve it.

A good place to start is to think about...

How might your children feel when you argue?

- What happens when you argue?
- Is it always about the same thing or lots of different things?
- How do you both react?
- What triggers the arguments?
- Is this the right time to tackle the issue?



Pause. Share it. Solve it.

It helps to see another person's point of view...

What Next?

- Consider using "I feel" instead of "you did/said"
- Truly listen to the other person
- Stop trying to get your own way
- Reach a compromise
- If you feel that you haven't handled things well then tell the other person this
- Leave the argument where it is and pick the discussion up at another time



Pause. Share it. Solve it.

Once you have clarity on the issue you might want to consider...

- Is there a practical solution to who does what (eg. Finances, childcare, housework, rotas etc)?
- Check that you both agree/agree to disagree with the solution
- What small things can you both change?
- How can you both ensure things are shared fairly?
- When things are calm ask each other what you did that was different and what effect this had.

At times you might need a little bit of help with your relationship or support as a family. For further advice/information on areas such as; health, parenting, housing, finance or domestic abuse visit:

www.directory.westberks.gov.uk.westberks.gov.uk

“Children are like sponges and absorb everything around them (even when you think they’re not listening)”

Contact details

For support you can contact:

Your child's Family Support Worker in School

One of the Family Hubs –

Central Family Hub, Thatcham (01635 865315),

East Family Hub, Calcot (0118 945 6157),

West Family Hub, Newbury (01635 31143) or

Hungerford Family Centre (01488 682628)

The Early Response Hub at West Berkshire Children and Family Service
(01635 503090)