

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



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.