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?

Right Help, Right Time towerhamlets.gov.uk/earlyhelpparents





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











Injury/Illness/ Deaths

Parenting/ Who does what

Separation/

Friends/ Family

Things that affect your children include...



Starting/ Moving school



Bullying



Birth of sibling



Friendships



Tests/Fxams



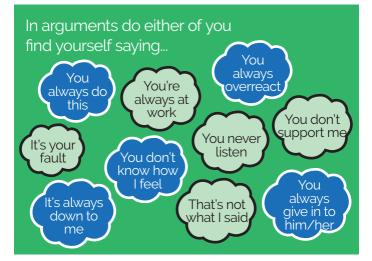
Illness



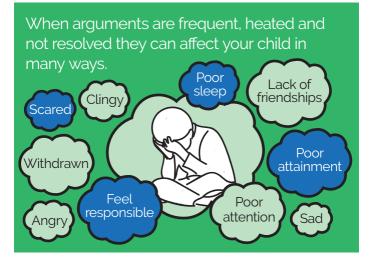
New family members



Physical/ **Emotional** changes



How do arguments leave you feeling? Fed Hurt Anxious Frightened Resentful In control Out of Worthless Responsible control



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 Worry less
- · Sleep better

and stable

- Have better and more trusting relationships
- · Learn how to manage conflict • Be more resilient • Learn how to resolve arguments
- · Feel more secure · Focus at nursery/school.

Stop. Talk it out. Work it out.

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



- 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?



Stop. Talk it out.

Work it out.

It helps to see the other person's point of view...

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.



Stop. Talk it out. Work it out.

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



rotas etc)?
Check that you both agree/agree to disagree with the solution

What small things can you both change?

what (e.g. Finances,

childcare, housework,

Is there a practical solution to who does

- 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, visit the Tower Hamlets Early Help website, scan the QR code to the right or contact the Early Help Hub on **020 7364 5006** (option 2).





towerhamlets.gov.uk/earlyhelpparents



