

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



TOWER HAMLETS

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 include...



Starting/
Moving school



Birth of
sibling



Tests/Exams



Illness



Bullying



Friendships



New family
members



Physical/
Emotional
changes

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

You
always do
this

You're
always at
work

You
always
overreact

You don't
support me

It's your
fault

You never
listen

You don't
know how
I feel

It's always
down to
me

That's not
what I said

You
always
give in to
him/her

How do arguments leave you feeling?



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



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

Stop.

Talk it out.

Work it out.

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



How might your
children feel when
you argue?

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



Stop.
Talk it out.
Work it out.

It helps to see the other
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.



Stop.
Talk it out.
Work it out.

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



- Is there a practical solution to who does what (e.g. 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, 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).



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Produced by parents and practitioners in Essex



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