

# Getting On Better cards

Arguments are like fire: for parents

When you know how arguments work, you can learn to keep them under control.



## The logs



What issues do you argue about most?

## The match



What usually starts an argument?

## The fuel



What makes it worse?  
Are you fueling the fire?

## The water



What helps calm things down?

Flip the card to find out how.

# Arguments are like fire: for parents

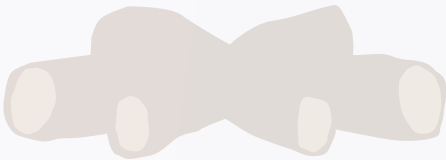
Visit [brighton-hove.gov.uk/parent-relationships](https://brighton-hove.gov.uk/parent-relationships) to find out what we're doing in Brighton and Hove so all parents are #GettingOnBetter

**1)** You can think of arguments like a fire.

The logs are the things you argue about most. Even when you're getting on well, the logs are still there.

Some common ones are:

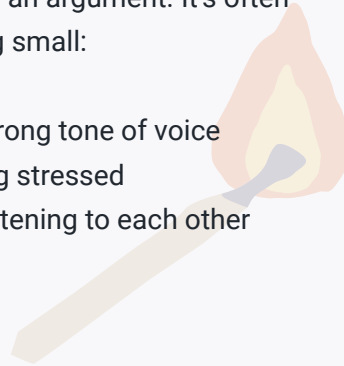
- Money
- Friends
- Housework
- Sex
- Children



[bit.ly/logsandfire](https://bit.ly/logsandfire)

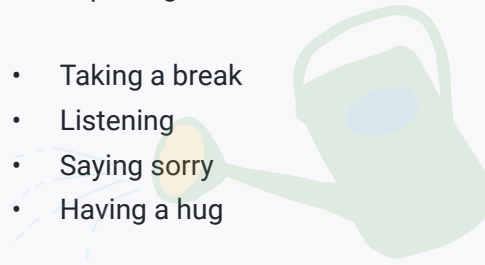
**2)** The match can be anything that starts an argument. It's often something small:

- The wrong tone of voice
- Feeling stressed
- Not listening to each other



**4)** There are also things we can do to stop the argument getting worse. This is like putting water on the fire:

- Taking a break
- Listening
- Saying sorry
- Having a hug



**3)** Once the argument has started, we can make things worse by the way we respond. This can add fuel to the fire:

- Snapping back
- Walking out
- Bottling things up
- Saying hurtful things
- Bringing up old arguments

**Here's a few things to try:**

- a) Can you think of what your logs are?
- b) The next time you argue, see if you can tell when you're pouring fuel.
- c) Think about ways you could pour water, and try them out.