

## Free Reducing Parental Conflict Training

### Introduction Sessions & Working with Parents and Carers Sessions

#### Reducing Parental Conflict Introduction

There is growing evidence that the quality of parental relationships has a strong impact on children's development. Conflict between parents can be normal. Where this is managed and resolved well, it is known to positively affect children's development. However, if conflict between parents is 'frequent, intense and unresolved', this can have a negative effect on children's long-term outcomes.

We are pleased to be offering this set of sessions, delivered by Communicate for a Change and Parenting Special Children.

Communicate for a Change



#### 1) Introduction Sessions

##### Target Audience

Anyone volunteering, working with or coming into contact with parents/carers and/or families in and around Reading area.

##### Aims

- To identify the signs and signals of healthy & unhealthy relationships between parents/carers
- To understand the difference between conflict that belongs to normal, everyday differences of opinion, and that which is 'frequent, intense and unresolved'
- To increase participants' understanding on the mental, physical & emotional impact on the children & young people's development as a result of such conflict, as well as on the adults themselves
- To identify & understand how our responses to difference of opinion & disagreements have been formed
- To identify issues likely to create strain & tension within adult relationships
- To add to participants' awareness & understanding of models, tools & approaches to use with parents & carers in order to increase productive communication between them

##### Dates

08 February 2022 9:30am – 12:45pm	03 March 2022 9:30am – 12:45pm
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## 2) Working with Parents & Carers Sessions

### Target Audience

Volunteers or paid staff who work directly with parents/carers and/or families in and around the Reading area. We ask that all participants have completed either one of the Introductory sessions held in 2019 or 2021 or the e-learning before completing this session.

### Aims

- To reflect on & address participants' experiences since attending the Introductory training or e-learning learning
- To clarify the participants' role when offering support to parents & carers in reducing unproductive conflict
- To help parents & carers increase their ability to resolve difference of opinion and disagreements productively
- To deepen participants' knowledge & skills by practising a variety of models and tools to use when supporting parents & carers
- To identify participants' desired 'Next Steps' in applying their learning

### Dates

19 January 2022 9:30am - 2:45pm	14 <sup>th</sup> February 2022 9.30am – 2.45pm	16 March 2022 9:30am - 2:45pm
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### Booking Details and Charging

The programme is being funded by Department of Work and Pensions and therefore **free** to participants. However, please note we will charge £75 for non-attendance if you do not cancel within 1 week of the session date.

All sessions are virtual and will be held on Zoom.

To book your place(s) please use the link below to fill in the booking form:

<https://forms.office.com/r/pBa0xWPw9u>

Any questions or queries please email [OneReading@brighterfuturesforchildren.org](mailto:OneReading@brighterfuturesforchildren.org).