PARENTAL CONFLICT: THE IMPACT ON CHILDREN
Around 100,000 children a year in the UK are affected by divorce.

Children now only have a 50:50 chance of living with both their parents when they are 16.

Around **ONE IN FIVE** married couples or couples living together are in relationships classed as ‘distressed’.

CONFLICT BETWEEN PARENTS IS NORMAL

It is **how** parents argue that matters.

**CHILDREN EXPOSED TO FREQUENT, DESTRUCTIVE CONFLICT ARE MORE LIKELY TO:**

- Experience depression or anxiety
- Have physical health problems
- Develop behaviour problems
- Do worse at school

**THERE IS A KNOCK ON EFFECT IN LATER LIFE.**

- Adult relationships
- Psychological wellbeing
- Employment

Family breakdown has been estimated to account for about **47.5 BILLION** pounds worth of public spending every year.

CONFLICT BETWEEN PARENTS IS NORMAL
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DESTRUCTIVE CONFLICT:
Intense quarrels
Verbal or physical aggression
Arguments that are about or involve the children
The ‘silent treatment’

CONSTRUCTIVE CONFLICT:
Seek compromise
Parents demonstrate warmth
Use humour and negotiation as they resolve their differences
Open respectful discussion without resolution

For a child, the best ending to a fight between parents is a warm and meaningful resolution with apologies.

WATCH:

PARENTAL CONFLICT:
THE IMPACT ON CHILDREN AND HOW
LOCAL AUTHORITIES CAN HELP
This tool was created by Innovation Unit and One Plus One.

About Innovation Unit

Innovation Unit is a not for profit social enterprise.

We create new solutions that enable more people to belong and contribute to thriving societies.

We develop alliances for change with places, organisations and systems, to ensure that innovation has lasting impact at scale.

www.innovationunit.org

About OnePlusOne

OnePlusOne is a research-based charity which aims to strengthen relationships and help families and communities thrive.

We have been working with frontline practitioners for 30 years, learning more about couples and families from the people who support them every day.

www.oneplusone.org.uk

Together we combine evidence with experience to create resources that help people improve their relationships, and empower them to make positive choices for themselves and their children.
PARENTAL CONFLICT: THE IMPACT ON CHILDREN

THIS SLIDE DECK IS PART OF THE RESOURCE PACK FOR CREATING A LOCAL FAMILY OFFER