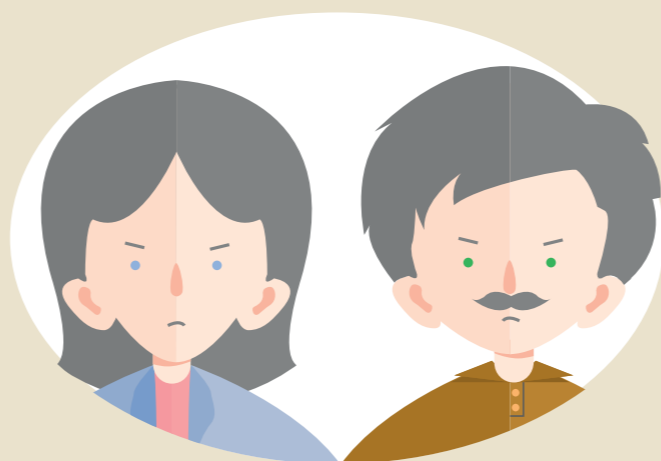


PARENTAL CONFLICT: THE IMPACT ON CHILDREN



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

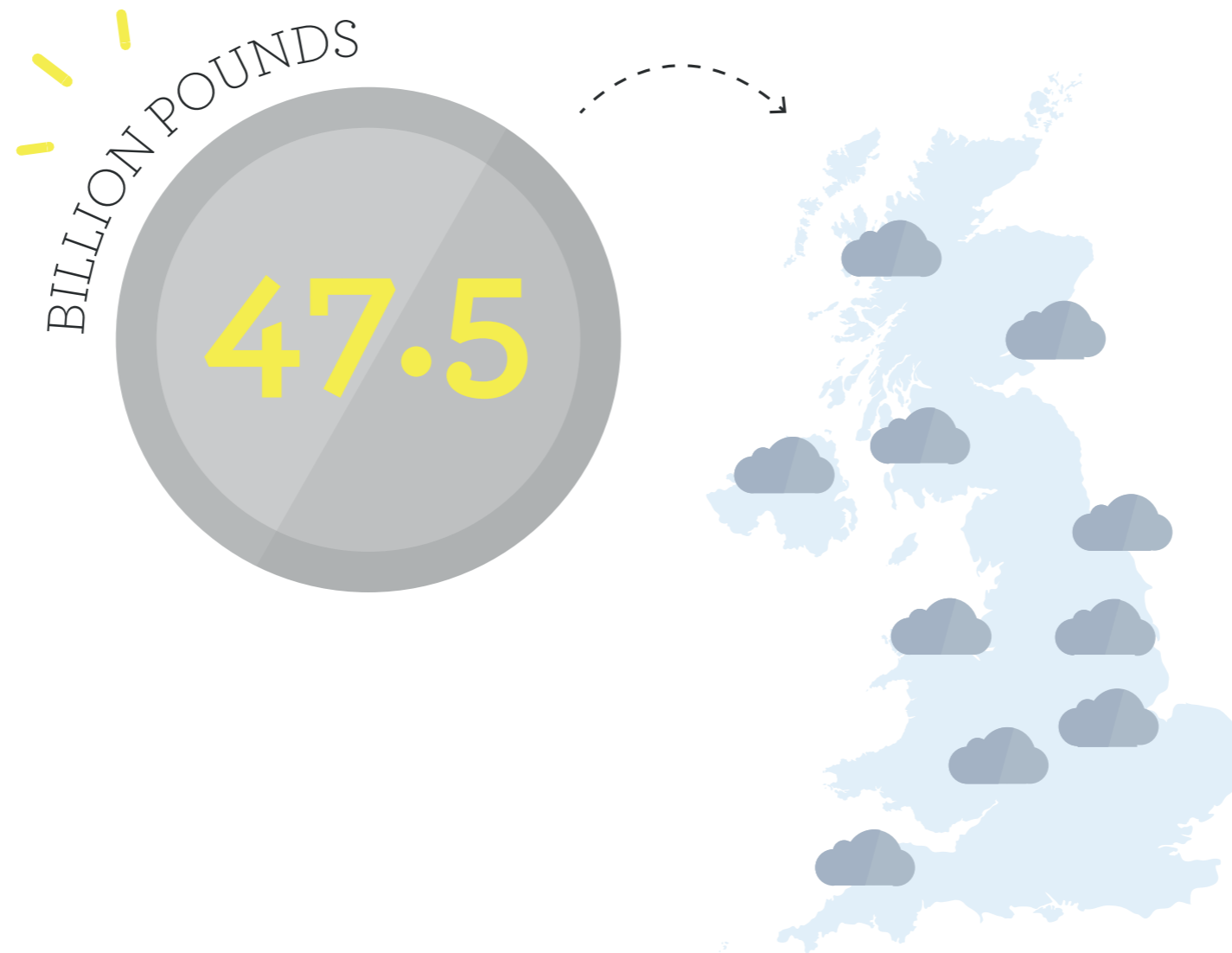
Psychological wellbeing

Employment

ibid

Harold, G., Acquah, D., Sellers, R. and Chowdry, H., (2016) What works to enhance inter-parental relationships and improve outcomes for children. London:EIF

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



CONFLICT BETWEEN PARENTS IS NORMAL

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

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