



North Yorkshire, along with other Yorkshire and Humber Local Authorities, have worked together to build the Relationships Matter website for the purpose of helping families and couples (whether together or separated) understand and build healthy relationships.

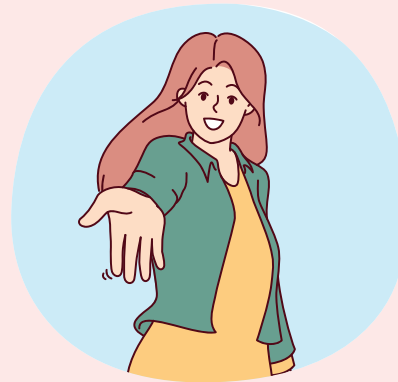
Please visit the Relationships Matter website below where you will be able to access more information and signposting to further support.



[relationshipsmatter.org.uk](https://relationshipsmatter.org.uk)



## What help is available?



If you would like support to strengthen your relationship for the sake of your child talk to your Health Visitor, Midwife or Family Worker.

### Online support

There are a lot of different websites full of information and advice.

### Take a look at

[relate.org](https://relate.org)

[click.clickrelationships.org](https://click.clickrelationships.org)

[seeitdifferently.org](https://seeitdifferently.org)



## What can you do?

The number one tip is to try and stay calm!

Ask yourself how the conflict maybe impacting your child.

Consider what you are teaching your child about relationships through your behaviour?

- Try to listen to the other persons point of view
- Try not to get defensive
- Try not to get into name-calling or play the blame game
- If you need to take a breather, suggest you find a better time to talk about it
- Don't argue in front of the children or get them involved
- Keep your child at the centre of your thinking

Remember that your child loves both of you





## Behaviours to avoid

- Criticising one another
- Name calling
- Refusing to accept any responsibility
- Belittling the other person
- Sulking
- Using sarcasm
- Asking children to take sides
- Asking children to spy
- Blaming the children for conflict between adults
- Allowing atmosphere and tension to build / fester
- Not communicating about things that matter to the child



If you are being abused or controlled by your partner or ex, or if you are scared or fearful please visit [idas.org.uk](https://idas.org.uk)

## When parents get on well their children do better

You are really important to your child and so is how you get on with their other parent. Whether you are together or separated your relationship matters.

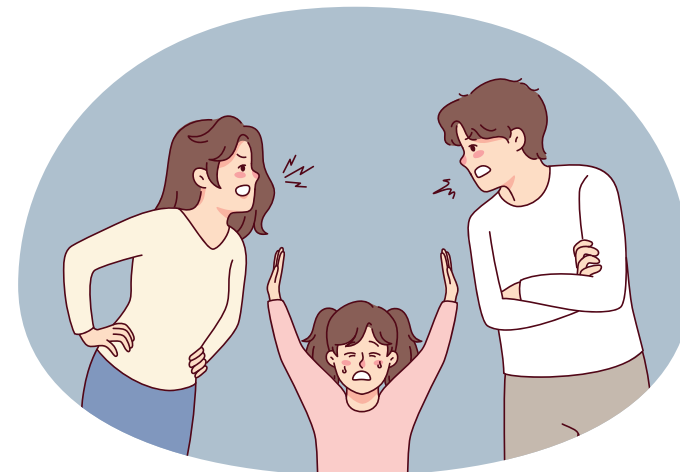
## Did You Know?

Research shows us that children who see their parents having frequent and intense arguments, where their parents don't communicate effectively or where the children are dragged into the conflict, do worse in lots of aspects of their lives.



- Social Skills / Friendships
- Emotional Wellbeing / Mental Health
- School achievement
- Poor behaviour
- Developmental delay
- Ability to form healthy relationships

# Relationships Matter



## Why parents relationships matter to children

