

LET'S TALK

RELATIONSHIPS

Summer 2026 Newsletter

Professionals working with families often encounter situations where parents experience frequent disagreements, stress, or communication challenges. These difficulties can impact a child's sense of safety and emotional wellbeing, particularly during periods of change, financial pressure, or family separation.

It is important to recognise that parental conflict differs from domestic abuse; it typically involves ongoing disputes or ineffective communication. By supporting parents to strengthen communication and manage conflict more positively, children are less likely to feel caught in the middle and more likely to feel secure and supported. Effective support in this area can make a meaningful difference for families.

Partners can continue to access support from their Team Around the Family (TAF) Consultant to explore parental conflict and its impact through case discussions, alongside available resource.

For professionals who would like to explore how their organisation can begin conversations around parental conflict, a range of creative resources are available. These can be shared with families and professionals on a one-to-one basis or used as part of display boards, team meetings, or newsletters.

This quarterly newsletter has been developed to provide professionals with clear and consistent access to relevant information, practical resources, and available support. It aims to equip practitioners with the knowledge and confidence to share effective strategies with the families they work alongside.

Each newsletter will provide an introduction to key topics relating to family relationships. Our July messages of **'A child needs two homes, not two sides'** and **'Life is tough. How we communicate matters'** have been chosen as we know school holidays can increase tensions due to childcare worries, extra financial strains, and a change in routine for families.

When parents live apart but work together, it reassures children that they don't have to choose sides or feel caught in the middle. Instead, they feel supported by both parents.

'A CHILD NEEDS TWO HOMES, NOT TWO SIDES'

- Make decisions based on what is best for the child.
- Explain the situation in a simple way, so all children understand what is changing in their life.
- Being consistent and predictable reduces confusion for children.
- Good communication helps manage daily logistics.
- it is ok for children to love and enjoy spending time with both parents- no need to choose sides.
- Have adult conversations away from children.
- Prepare for those parent handovers.
- Ask for help when needed.

Family Hubs offer a range of Books and Borrow Bags that families can loan free of charge. These include books and practical resources to support parents discuss difficult situations with their children in a supportive and understanding way.



LIFE IS TOUGH. HOW WE COMMUNICATE MATTERS.

Being a parent or carer isn't easy.

Disagreements, tension and misunderstandings happen in every family, especially when life feels pressured or overwhelming.

What matters most for children isn't that adults never argue, but how disagreements are handled and repaired. When parents, whether as a couple or co-parenting, find ways to communicate more calmly and respectfully, children feel safer, more settled, and better able to thrive.



SUPPORT AND RESOURCES AVAILABLE ALL YEAR ROUND

Resources available to support you in your work with children and families

WORKING DIRECTLY WITH FAMILIES

- Start conversations about communication and conflict.
- Help parents understand the impact on children.
- Encourage positive co-parenting and child-focused decision-making.
- Signpost to additional support when needed.

SUPPORTING FAMILIES THROUGH EARLY HELP

- Explore parental conflict within assessments and reviews.
- Consider impacts on emotional wellbeing.
- Use resources during family discussions.
- Contact a TAF Consultant for guidance and case discussion.

USING RESOURCES WITHIN YOUR TEAM

- Share resources in team meetings.
- Include key messages in newsletters.
- Display posters and QR codes.
- Use materials during supervision and training.

ONE PLUS ONE

A confidential, fully funded resource for families experiencing challenges with relationships and communication. With a simple online registration process, families can access practical resources and guidance, while practitioners can also register to receive additional tools and information to help the families they support.

Me, You and Baby Too – Helping expectant and new parents cope with changes in their relationship. Learn how to cope with becoming a new parent and stress.

Arguing better – Raise awareness of the impact that parental conflict can have on children. By helping parents develop better ways of managing stress and arguments.

Getting it Right for Children – support separated or separating parents. Helping parents to avoid the harmful situations involving their children.

Debt and relationships – Debt and money troubles are one of the biggest causes of relationship stress, and the rising cost of living could mean this becomes a greater issue for many families. Helping parents to consider different ways they might find themselves in debt, the impact this can have on relationships and why it's a good idea to talk to one another.

RESOURCE DIRECTORY

Oneplusone: Discussion and reflection resources
<https://www.oneplusone.org.uk/>

East Midlands Relationships: Free relationship support for parents and carers
<https://www.eastmidsrelationships.org/>

Lincolnshire RPC Website: Information, guidance and local support
<https://www.lincolnshire.gov.uk/keeping-children-safe/reducing-parental-conflict>

Lincolnshire Safeguarding Children's Partnership Resources : Tools and learning materials for professionals.
<https://lincolnshirescp.trixonline.co.uk/resources/local-resources>

TAF Consultant Support: Case consultation and guidance.
AskTAF@lincolnshire.gov.uk or call 01522 554040: Case Consultation and guidance

See It Differently: Discussion and reflection resources
<https://www.seeitdifferently.org/>

THINGS TO CONSIDER

- Talk to families about relationships
- Discuss family relationships and conflict in meetings.
- Display a poster or QR code.
- Contact a TAF Consultant for additional support.