

# Children and Young People's Overview and Scrutiny 10 March 2023

## Reducing Parental Conflict “Relationships Matter”

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CYPS

**Early Help, Inclusion & Vulnerable Children**



## Definition

**Parental conflict is defined as a situation when arguments and disagreements between parents are frequent and poorly resolved, however there is not an imbalance of power or fear.**

**Conflict can range from a lack of warmth and emotional distance, right through to swearing and shouting. The relationship might be classed as “difficult” but it is not abusive.**

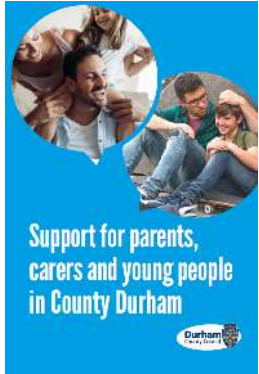
## Overview

- 2018 - DWP launched the national 'Reducing Parental Conflict' Programme which Durham refers to as 'Relationships Matter'
- Research found that children who are exposed to frequent, intense and poorly resolved parental conflict can be negatively affected in the short and longer term.
- Local Authority areas were awarded grant funding to raise awareness and drive the RPC agenda across the wider partnership/system
- The DWP Local Grant will continue to fund LA until 2025 subject to performance and impact

## Parental Conflict - Impact on Children and Young People



# Durham's Journey



EMPOWERING PARENTS  
EMPOWERING COMMUNITIES



## Early Help, Inclusion & Vulnerable Children



# Durham's Graduated Approach



**Early Years 0-12 months**

Hornden Family Centre  
9.30am - 10.30am  
Wednesday  
Commencing 18 September 2019 for 10 weeks

The sessions focus on different topics each week to support your child's development and include fun activities and safety advice for your child.

For more information or to book a place, please visit our Hornden Family Centre on: 01662 264773

Booked - One Point County Durham  
with the One Point Call: 01662 264773

Service Durham

**Getting On Better 2021** OWIRRAL

Stages + changes of relationships: for parents

Relationships change over time.

What stage are you at? What could this mean for your relationship?

Flip the card to find out.



EMPOWERING PARENTS  
EMPOWERING COMMUNITIES



ParentsPlus  
Empowering Professionals to Support Families

**Parenting when Separated Course**

## Early Help, Inclusion & Vulnerable Children



## Parent Peer Support (delivered by parents for parents)

**"It's a local, comfortable environment, ran by parents not 'professionals', friendly, kind, caring, understanding, very helpful and brilliant strategies"**

**"Don't feel pressured or like your being judged"**

**"I attend because it's parents teaching us not professionals so different vibes"**

**"I learn something new each session"**

**"I feel like a better parent already, listening to REAL parents"**

**"The PGL training has helped me develop so many skills and I have a newfound confidence in myself. I was supported all the way through the training and the course was interactive and fun; it was the favourite part of my week!"**



**EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES**

**Durham**  
County Council



# Next Steps



EMPOWERING  
PARENTS  
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COMMUNITIES



**NATIONAL CENTRE FOR FAMILY HUBS**  **Anna Freud**  
National Centre for Children and Families

**Early Help, Inclusion & Vulnerable Children**







**Early Help, Inclusion & Vulnerable Children**

