

# Every Relationship Matters in Norfolk

## Practice Week.

Reducing Parental Conflict. Family and Friends.  
One Plus One, Digital Intervention.

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# Welcome!

- Please be aware that some of the sessions are being recorded for sharing later.
- We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.
- Please be considerate to others - together we want to create a safe, open and reflective space to learn.
- You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.
- The link to the feedback form will be put in the chat.
- Please do take the time to complete it after the session.
- Thank you!

# What is One Plus One?

For 50 years, One Plus One has specialised in creating evidence-based early intervention resources to help people build and maintain healthy relationships. They do this by applying the latest relationship research to knowledge of behaviour change theory.

Specialising in creating evidence-based, early intervention resources to help people develop, maintain and strengthen relationships with the people in their lives.

OnePlusOne empowers professionals and parents with skills and confidence through training and digital resources.

# What does the evidence tell us?

The OnePlusOne way to providing innovative, evidence-based relationship support:

- **Identify**, the common causes of relationship breakdown.
- **Explore**, the evidence of how to make and maintain resilient relationships.
- **Discover**, effective ways to offer help early, when it is first needed.
- **Create**, training programmes and digital resources which are relatable, engaging, empowering, and accessible.
- **Evaluate**, what works to continually learn and improve.

# Conflict between parents is normal

## Constructive Conflict

- ✓ Try to compromise
- ✓ Demonstrate Warmth
- ✓ Use humour and negotiation
- ✓ Resolve their differences
- ✓ Agree to differ
- ✓ Not trying to put the other person down
- ✓ Increased understanding

## Destructive Conflict

- × Intense Arguments
- × Hostile verbal exchanges
- × The 'silent treatment'
- × The need to win
- × Personal Attacks
- × Arguments that are about or involve the children

# Me, You, and Baby Too

This course is aimed at new and expectant parents. It is designed to help them prepare for the changes in their lives and deal with the conflicts that can arise from the added stresses and strains.

Me, You and Baby Too' (MYBT) is an online resource designed to help new and expectant parents adapt to the changes that parenthood can have on their relationship.

'Me, You and Baby Too' aims to:

- Raise parents' awareness of the impact of their relationship on their baby.
- Prepare parents for the changes to their relationship.
- Support parents to develop skills to manage conflict constructively.

# Arguing Better

This course is aimed at parents who are under stress or arguing more than they would like to. Parents can learn valuable skills for stress management and conflict resolution.

‘Arguing better’ is an online resource designed to help parents manage their stress and communicate with one another in ways that are helpful to their relationship and their children.

‘Arguing better’ aims to:

- Raise awareness of impact of stress on relationships and parental conflict on children.
- Increase parents’ capacity to cope with stress.
- Support parents to develop positive communication strategies to deal with conflict.

# Getting it Right for Children

This course is aimed at separated and separating parents. It is designed to help them communicate better as co-parents and resolve conflicts without putting their children in the middle.

‘Getting it right for children’ (GIRFC) is the priority for most parents when they separate. But it is a stressful time and, with emotions running high, even everyday arrangements can become a source of arguments.

‘Getting it right for children’ aims to:

- Raise parents’ awareness and understanding of how they are putting their child in the middle of their conflict.
- Help parents to develop positive communication skills.
- Support parents to co-operate and work out solutions together.



# Debt Support

- Debt and money troubles are among the biggest causes of relationship stress.
- Being in debt can lead to all kinds of related stress, like taking on extra work, spending less, and avoiding socialising until you're back on top of things. These stresses can get in the way of your everyday life, leading to moodiness, secrecy, and arguments.
- 55% of couples include money worries in their top three relationship strains.
- Getting just three months behind on your bills can have a negative impact on your family life.
- Debt is the number one problem area for newly married couples.

# Additional Resources

- **Digital Programmes**
- **Getting on Better Cards**
- **VSA Model**
- **Funnel Method**
- **BMT**
- **Getting it right for children skills cards**
- **Signposting**

# Feedback from parents

“ I thought it would be good if the baby comes along, just being prepared for how we could communicate better and deal with stress.

“ Yes, we can both be stressed at points as well. So, it's good to learn different ways to handle stress and communicate better without causing friction.

“ I split up from my son's dad last summer and contact has been really difficult. He wasn't turning up when he said he would to pick up our son and then wouldn't bring him back when he was supposed to. It was really difficult not to get into arguments with him in front of our son, I felt like he wanted me to react and shout. After doing the **Getting it right for children** and the **Arguing better** resources, it has made me more aware of how us arguing affects our son and has made me see it from his point of view. Doing the resources at my own pace when I was ready to and then being able to go back over them was really useful.

# How Every Relationship Matters in Norfolk is supporting FLOURISH

- One Plus One and Triple P specialist intervention programmes are being offered to parents.
- Co-production of resources with parents from Family Voice Norfolk.
- Every Relationship Matters in Norfolk has a platform on Just One Norfolk in supporting families to access self-help resources.
- Co-production of resources to support mental health with children and young people from the Youth Advisory Board.
- Professional toolkit available to front-line working practitioners to access resources to support the de-escalation of parental conflict.
- Partnerships and agencies working together to improve better outcomes for early intervention of parental conflict.

# Please let us know what you think



<https://forms.office.com/e/nFDzqZWk4i>



# Thank you for attending our workshop.



## Any questions?