

WE ALL HAVE ARGUMENTS

HOW DO YOU SOLVE YOURS?

We all argue – but do we always feel that arguments are resolved in a way that leaves everyone feeling okay?



It is normal for parents to argue (whether they are together or not). Things that affect you as an adult can include...



Lack of
communication



Job loss/
Finances



Moving home



Births



Injury/Illness/
Deaths



Parenting/
Who does what



Separation/
Loss



Friends/
Family

Things that affect your children that may also impact on you can include...



Starting or moving school



Birth of sibling



Tests/Exams



Illness



Bullying



Friendships



New family members



Physical/
Emotional changes

In arguments do either of you
find yourself saying...

*It's your
fault*

*You don't
know how
I feel*

*You never
listen*

*You always
do this*

*You're
always at work*

*You always
overreact*

*You don't
support me*

*It's always
down to me*

*That's not
what I said*

*You always
give in to
him/her*

How do arguments leave you feeling?



When arguments are frequent, heated and not resolved they can affect your child in many ways.



Children are like sponges and absorb everything around them (even when you think they're not listening).

Resolving your arguments will mean your child will:

- Be happier
- Worry less
- Sleep better
- Be more resilient
- Feel more secure and stable
- Have better and more trusting relationships
- Learn how to manage conflict
- Learn how to resolve arguments
- Focus at nursery/school.

STOP IT

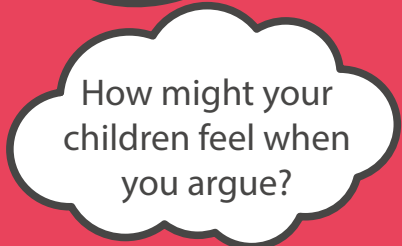
SAY IT

SORT IT

A good place to start
is to think about...



Think



How might your
children feel when
you argue?

- What happens when you argue?
- What triggers the arguments?
- Is it always about the same thing or lots of different things?
- Is it the right time to tackle the issue?
- How do you both react?



STOP IT
SAY IT
SORT IT

It helps to see the other
person's point of view...



*Whats
next?*

- Consider using 'I feel' instead of 'you did/said'
- Truly listen to the other person
- Stop trying to get your own way
- Reach a compromise
- If you feel that you haven't handled things well then tell the other person this
- Leave the argument where it is and pick the discussion up at another time.

STOP IT

SAY IT

SORT IT



Once you have clarity on the issue
you might want to consider...

- Is there a practical solution to who does what (e.g. Finances, childcare, housework, rotas etc)?
- Check that you both agree/agree to disagree with the solution
- What small things can you both change?
- How can you both ensure things are shared fairly?
- When things are calm ask each other what you did that was different and what effect this had.

At times you might need a little bit of help with your relationship or support as a family.

For further information about support available for you and your family please visit the Sefton Directory on www.seftondirectory.com

Sefton CVS provides a wide range of support and services to Sefton's local voluntary, community and faith sector
Website: www.seftoncv.org.uk



Sefton.gov.uk



Sefton 'Sefton Council'