



These My Mum and Dad Argue a Lot one day workshops equip you with knowledge about parental conflict and how to reduce its impact on children. They are subsidized by the Department for Children, Schools and Families to support practitioners working with parents and families.

## **Workshop content includes**

### ***Core modules***

- **Module 1 – Background to conflict**

Introduction to conflict and understanding the nature of parental conflict.

- **Module 2 – Couple interaction**

Exploring thoughts, feelings and behavioural interactions between parents. Understand how distressed couples can become trapped in conflicts that can escalate.

- **Module 3 – The impact of conflict on children**

Recognise different ways in which children can be affected by conflict, depending on how conflict is handled by parents and carers.

### ***Who should attend?***

Anyone working in frontline practice with parents and families who wants to improve their knowledge and skills when responding to issues of parental conflict and its impact on children.