

Reducing Parental Conflict programme in Bromley



There is strong evidence that conflict between parents, whether together or separated, can have a significant negative impact on a children's outcomes. Children are more likely to have developmental physical and mental issues, experience behavioural problems, depression or anxiety and, do less well at school and in

friendships. Later in life, those same problems may affect their adult relationships, employment prospects and psychological health. Not all conflict is damaging, but where it is frequent, intense, and poorly resolved, it can harm children's outcomes.

The Reducing Parental Conflict (RPC) programme offers a range of help, advice, and tools for parents who want to reduce parental conflict and minimise its negative impact on their children. We aim to support every family, including parents who are together, separated or thinking about separation. Research suggests **(1)** that parents of children with special educational needs experience higher levels of parental stress. Parental stress, in turn, is associated with a higher risk of relationship distress and conflict, which in turn can affect outcomes for children.

The Bromley Parenting Hub www.bromleyparentinghub.info pulls together information for all parents in the borough who want to find ways to improve their relationship and get along better. The support package is designed around the 3-step healthy relationship model: STOP. THINK. CHANGE. and focuses on:

- child's wellbeing
- the impact of unhealthy relationships on children's outcomes
- identifying the steps to take to improve relationships



Please see the video, showing children's viewpoint on parental conflict by following the link [Reducing Parental Conflict - YouTube](#) or scanning the QR code:



All the RPC resources are family-led and completely free and can be downloaded from the Bromley Parenting Hub website. Please scan the QR code : or visit: www.bromleyparentinghub.info



(1)Olusanya BO, Boo NY, de Camargo OK, Hadders-Algra M, Wertlieb D, Davis AC. Child health, inclusive education and development. *Bull World Health Organ.* (2022)