

# Two Page Guide

## Reducing parental conflict (RPC)

### What do we mean by parental conflict?

Good family relationships are enjoyable for their own sake and they also help your children feel secure and loved.

Parents are doing the best they can to care for their children at the same time as juggling work, friends, looking after the home and trying to keep their own relationship strong as a couple. There's also no denying that having children, especially in the early years, puts a huge demand on everyone and relationships can suffer.

Conflict between parents is normal, but if exposure is frequent, intense and poorly resolved, this can have a damaging impact on children, resulting in long-term mental health issues and emotional, social, behavioural and academic problems as they grow up. Children of all ages can be affected by destructive inter-parental conflict, with effects evidenced across infancy, childhood, adolescence and adulthood.

All relationships have tricky moments, what's important is solving any problems and getting help.

### Determining parental conflict or domestic abuse

Often it is clearer to identify where domestic abuse is a concern. However, sometimes it can be more challenging to differentiate between parental conflict and domestic abuse.

Practitioners should be curious and alert to an imbalance of power within a relationship that adversely affects one person and is used as a form of control; or where at least one person feels fear – these could be indicators of an abusive relationship.

Good practice would always support practitioners having a conversation with families to help them determine if they are experiencing parental conflict. If practitioners are in any doubt, they can call the Family Information Service on 01926 742274 or the Family Support Line on 01926 412412, or seek guidance from their designated safeguarding lead (DSL)

## What we are doing in Warwickshire?

Warwickshire has implemented a tiered approach to providing universal awareness as well as a bespoke training workshop to assist practitioners in determining whether families are experiencing parental conflict or domestic abuse.

### Level 1 – Universal awareness

- Animation clip to explain the concept of RPC - the audience is both professionals and general public to understand more.

[WCC - Parental Conflict Animation Video](#)

### Level 2 – Practitioner training

Bespoke (Warwickshire County Council) developed RPC 2.5-hour workshop that condenses all the required learning from the programme. This can be delivered face to face or virtually. The workshop covers learning beyond awareness and includes next steps for learning and practical application and a practitioner toolkit.

### Level 3 – Train the trainers

This virtual training event is designed to familiarise and upskill local authority and partner nominated trainers to deliver the reducing parental conflict programme to their colleagues. This workshop will enable participants to deliver a bespoke (Warwickshire County Council) developed RPC workshop that condenses all the required learning from the programme.

### Level 4 – Managing staff who are dealing with RPC (supervisors)

Short training course to be made available in the Autumn of 2021

### Level 5 – eLearning

Four e-learning modules (approximately 45 minutes to complete) covering the reducing parental conflict learning.

## Key contact:

For more information in respect of Warwickshire Reducing Parental Conflict, please contact Ros Emson [RosaleenEmson@Warwickshire.gov.uk](mailto:RosaleenEmson@Warwickshire.gov.uk)

## More information:

For more information on family relationships

[visit www.warwickshire.gov.uk/familyrelationships](http://www.warwickshire.gov.uk/familyrelationships) or contact the Family Information Service on 01926 742274 or by emailing [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk)

## Further reading:

[Working together to safeguard children](#)

<https://www.tavistockrelationships.org/>

<https://www.eif.org.uk/>

[www.clickrelationships.org](http://www.clickrelationships.org)

[www.relate.org.uk](http://www.relate.org.uk)