

Reducing Parental Conflict

There is strong evidence that conflict between parents, whether together or separated, can have a significant negative impact on a child's mental health and long term life chances. Not all conflict is damaging, but where this is frequent, intense and poorly resolved it can harm children's outcomes. We offer a range of help, advice and tools for parents who want to reduce parental conflict and minimise it's negative impact on their children.

For more information on healthy relationships please visit our website: www.bromleyparentinghub.org.uk



Reducing Parental Conflict webinars

3 FREE webinars for parents to focus on ways to create positive family relationships.

Session 1 :
The importance of
Healthy Relationships

Session 2 :
Communication

Session 3:
Is change
needed?

To book onto our Reducing Parental Conflict webinars or for further information please call: 020 8461 7259 or email: parenting.courses@bromley.gov.uk.

Positive family relationships help an individual cope with stress, engage in healthier behaviours, enhance self-esteem, leading to improved wellbeing.

Please read our parent testimonials:

"Although they felt informal and comfortable, they were absolutely full of practical skills and useful information"
Joshua's mum

"The course gave me the opportunity to reflect on my own behaviour and outlined the path for improvement. I fully enjoyed it"
Harry's dad

SCAN ME



Please scan the QR code to access a video on how parental conflict can impact children

