

Happy Families, Happy Futures Devon

Parent Information

Most of us have disagreements about things in our relationship – whether this is related to putting the washing in the basket and not on the floor – spending too much time on the phone, or what to watch on TV!

Not all conflict is damaging, however if those disagreements are frequent, prolonged, not resolved and not dealt with and lead to continual arguing, it can all have a negative impact on children. Indeed there is a growing body of evidence that shows Children who witness adults shouting, arguing, ignoring each other frequently or for long periods of time, can negatively impact on their self-esteem, mental and physical health, behaviour, academic achievements and relationships with others.

Conflict in relationships can occur in all types of families: between biological parents, step-parents, foster and adoptive parents, parents and grandparents and separated and divorced parents to name just a few.

How Happy Families, Happy Futures Devon can help.....

We are offering FREE programmes which are aimed at supporting parents, both together and separated, to reduce parental conflict, develop positive communication and problem -solving skills, to manage emotions and create more positive environments for their children

Family Transitions – Triple P

- Advice and guidance to support co-parenting and to deflect the pressure of divorce or separation away from children (course is 5 weeks – 2 hours a week)

Withing My Reach

- Help to understand and develop healthy relationships and the positive impact this can have on children (course is 5 weeks - 2 hours a week)

Please click on this link [Happy Families Happy Futures Referral Form](#) to request support, once received a member of the team will contact you for an initial conversation to make sure it is the right programme for you. Course can be delivered online or face to face.

