

# We all have arguments

How do you resolve yours?

You always do this.  
It's always down to me!

That's not  
what I said!  
You never listen.



Children are like sponges and absorb everything around them (even when you think they're not listening). Resolving your arguments will mean your child will:

Learn how to resolve arguments

Be happier

Sleep better

Have better and more trusting relationships

Feel more secure and stable

Worry less

Learn how to manage conflict

Be more resilient

Focus at nursery or school



Help to get on better  
[www.shropshire.gov.uk/getonbetter](http://www.shropshire.gov.uk/getonbetter)

Get more support, visit  
[www.shropshire.gov.uk/early-help](http://www.shropshire.gov.uk/early-help)

It is normal for parents to argue sometimes (whether they are together or not). But when they are frequent, heated or unresolved, arguments can affect the children, too.

**In arguments do either of you find yourself saying?**

- You always do this
- It's your fault
- It's always down to me
- You don't know how I feel
- You always overreact
- You never listen
- You don't support me
- You always give in to them

**How do arguments leave you feeling?**



**Pause. Share it. Solve it.**

**How might your children feel when you argue?**

- What happens when you argue, how do you both react?
- What triggers the arguments?
- Is this the right time to tackle the issue?

**Pause. Share it. Solve it.**

**It helps to see the other person's point of view...**

- Consider using 'I feel' instead of 'you did/said'
- Listen to the other person and try to reach a compromise
- If you feel that you haven't handled things well then tell the other person this

**Pause. Share it. Solve it.**

**Once you have clarity on the issue, consider...**

- Is there a practical solution to who does what (e.g. Finances, childcare, housework etc)?
- Check that you both agree/agree to disagree with the solution
- What small things can you both change?
- When things are calm ask each other what you did that was different and what effect this had.