

Healthy Parental Relationships

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.

Reducing parental conflict: why it matters to children and why it matters to services

We have just submitted our third multi-agency self-assessment to the Reducing Parental Conflict Programme, looking at where we are on the journey to supporting healthier parental relationships in Northumberland. This update looks at this progress in more detail.

Why is this important to all of us? Quite simply...

- 1 in 5 married or cohabiting couples are in relationships which are classified as “distressed”
- Children suffer as a result

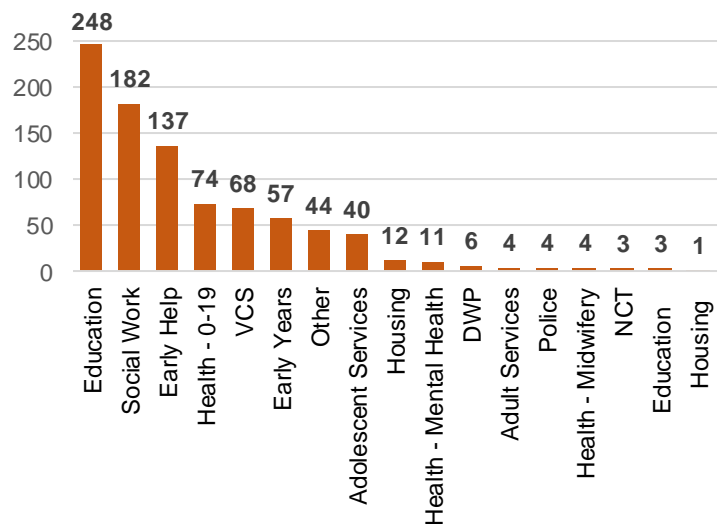
Research Findings

A research project across the 6 local authorities in the Northumbria Force Area identified that for Northumberland, parental conflict is regularly identified and explored with evidence of excellent practice, however this is a mixed picture across services, with some practitioners still not feeling comfortable talking to parents about their relationships.

Our areas for improvement are already being addressed through an action plan.

Workforce Development

Over the last two years around 1000 people across Northumberland working with children and families or supporting practitioners to do so, have been trained in Healthy Parental Relationships, both through facilitated learning and e-learning. The mix of practitioners taking part in the facilitated learning has been fantastic and is set out below

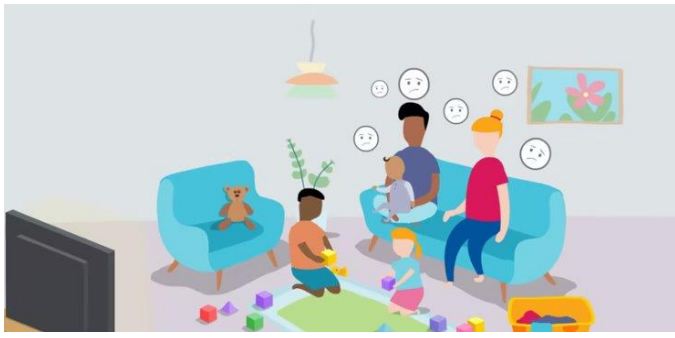


Further training is planned in February and March 2022;

- [HPR Practitioner Training](#)
- [HPR Managers Briefing](#)
- [Parental Conflict and the impact on children\(for schools and early years settings\)](#)

You can also access the e-learning module [here](#).





Don't forget, you can also signpost parents to [Northumberland's Healthy Parental Relationships page](#), which gives access to a range of **free**, digital support

Healthier Parental Relationships Support

Work is underway to develop three group programmes as part of the Early Help, Prevention and Intervention Pathway for parents who would benefit from some support around their relationship. Pilots for the three groups will be held across March and April and feedback will be used to finalise the offer which will be fully operational by July 2022. At this point, you will be able to complete a [Request for Service form](#) for parents you are working with.



Specialist Relationship Programmes

After three years, the programmes delivered by Relate and Action for Children will come to an end as of 16th March 2022. Referrals can be made until that date and will be progressed as normal. The new provision outlined above will help us meet parent's needs around conflict in place of these programmes.

Progress in the Year Ahead

Our focus in the year ahead will be to:

- Understand how the training is being used by practitioners to inform future workforce development
- Refine our outcomes and evaluation work to demonstrate impact
- Work with partners to embed HPR work across all services

Further information:

If you would like any further information or can think of better ways to communicate messages about Healthy Parental Relationships, please contact:

Helen Lancaster, Senior Projects and Development Manager
helen.lancaster01@northumberland.gov.uk / Mobile: **07825503276**



Our people. The heart of Northumberland

Our vision: One council that works for everyone **Our values:** Residents first, Excellence and quality, Respect, Keeping our communities safe and well