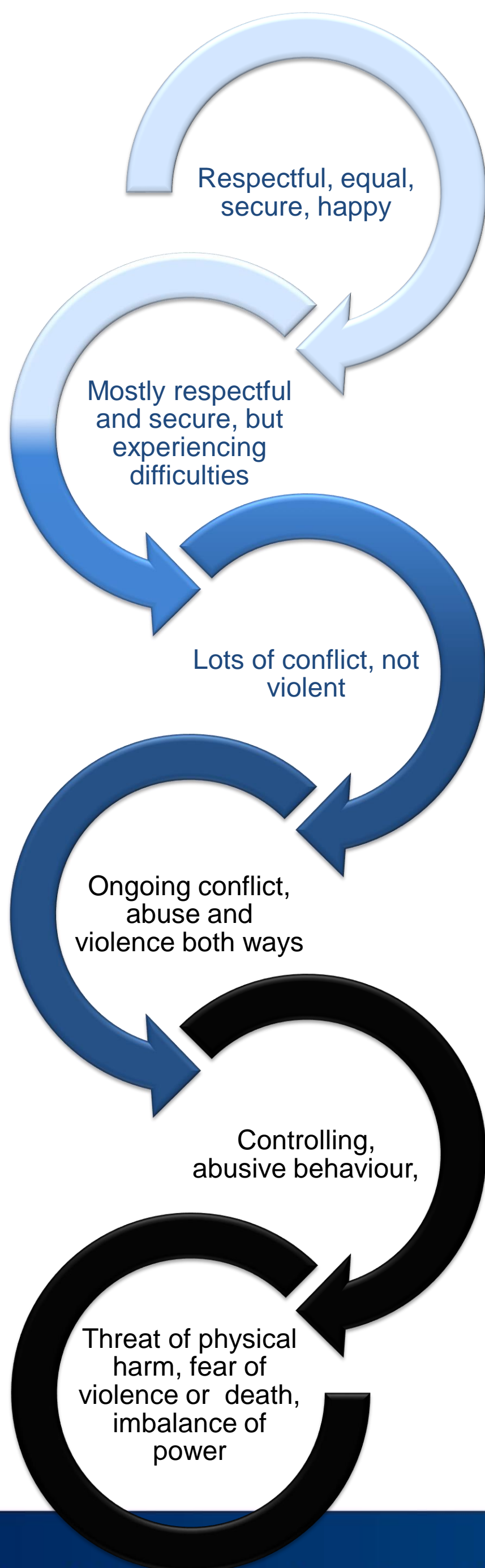


Northumberland Parental Relationship Scale*

*developed in collaboration with attendees at a Healthy Parental Relationships Workshop; South East Early Help Family Workers and Freedom Programme participants



Parenting, household chores and worries are shared equally. Parents spend quality time together and also have separate interests. They compromise and know when to say sorry. Children are happy, well-mannered and positive about relationships.

Parents arguing in front of the children more or extended silences. Difficulties are played down and not addressed. Children are beginning to be affected by arguments between their parents and may feel worried.

Parents are arguing a lot and there is likely to be shouting and 'no end'. Parents may be undermining each other, and using the child to score points. There is an uncomfortable atmosphere. Children may feel forgotten, may not want to go home, or feel torn between parents

Parents are arguing a lot and this can spill over into physical violence both ways. There is an unpredictable atmosphere. Children may feel frightened and anxious and this may affect their behaviours at home and at school, i.e. they become more withdrawn.

Power in the relationship is not balanced. The abuser may be manipulative, with intimidation/threats of violence or 'mind games', and they may control things like food or routines or sex. The victim may be isolated and putting on an act that everything is fine. Children may be used as a weapon and feel shame or scared. Their mental health and behaviours are affected.

Very clear 'abuser' and a 'victim' who is at risk of significant harm. All aspects of family life are controlled by one parent. Children at risk of significant physical and emotional harm; children are traumatised.

HEALTHY RELATIONSHIP

PARENTAL CONFLICT

DOMESTIC ABUSE

