

We all have arguments,
how do you solve yours?

STOP IT

SAY IT

SORT IT

Think...

about the impact of frequent arguments
on your children.
Scared... disturbed sleep...
angry... sad... withdrawn...

Consider...

Pausing the argument until you
can have a calm discussion.

Sefton Promotes Positive Relationships.
For more information about where you
can get help and support please visit
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Think...

what are your triggers for arguments?
Work situation... finances...
moving house... new baby...
illness... separation...

Consider...

really listening to the other
person's point of view, is there a
practical solution?

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Think...

about the impact your frequent, heated arguments can have on your children.
Disturbed sleep... sad... scared...
low attainment...
withdrawn... isolated...

Consider...

pausing the argument until you can both have a calm discussion about the issues

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Think...

about those things that you argue about.

Jobs... moving home...

children... illness... separation...

family... friends...

Consider...

is there a practical solution to
who does what?

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Think...

about how arguments make you feel.
Anxious... fed up... out of control...
angry... resentful... upset...

Consider...

when things calm down ask
each other what could you have
done differently?

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Think...

children are like sponges
they absorb everything
around them....

Consider...

resolving your arguments will result in your children:
being happier... worrying less...
sleeping better... learning how to
resolve arguments...

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