

# Every day, choose kind communication.

**Love is the warmth of our words,  
especially for children. Speaking with  
care and patience helps them feel secure,  
valued, and emotionally supported.**



Frequent, intense, or poorly resolved arguments between parents and co-parents can affect children's wellbeing, behaviour, and sense of safety. Small changes in how you talk to each other make a big difference.

**LEARN MORE**



Reducing Parental Conflict  
East Midlands

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