

This Valentine's 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.

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Reducing Parental Conflict
East Midlands

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