

# Your child needs two homes, not two sides.

**Even when parents live apart, calm and respectful communication helps children feel secure. Working together shows them they do not need to choose, or sit in the middle.**

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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