

Having a new baby changes your relationship.

Less sleep, new routines, and added pressures can make things feel different between you and your partner. Remember, to take time for yourselves and each other as well as your new baby.

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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