

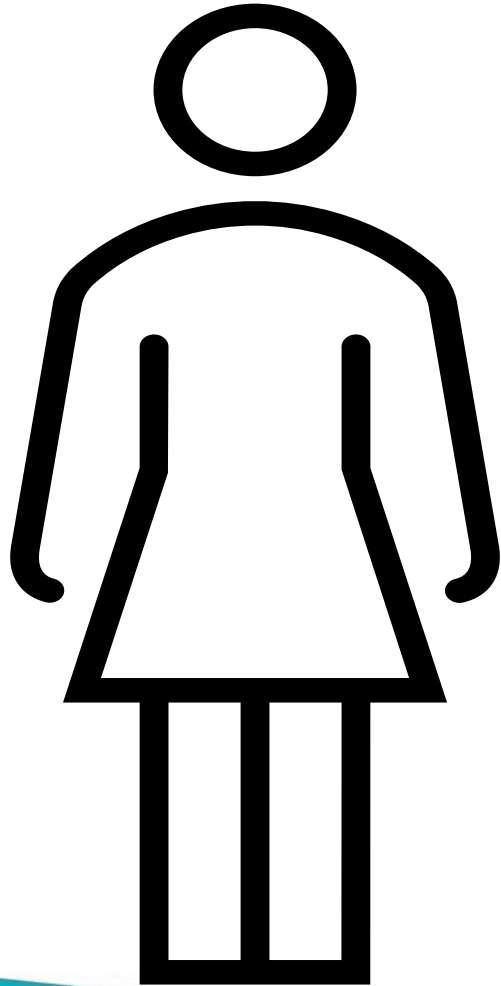
We all have arguments

how can you use yours to help children manage difficult conversations





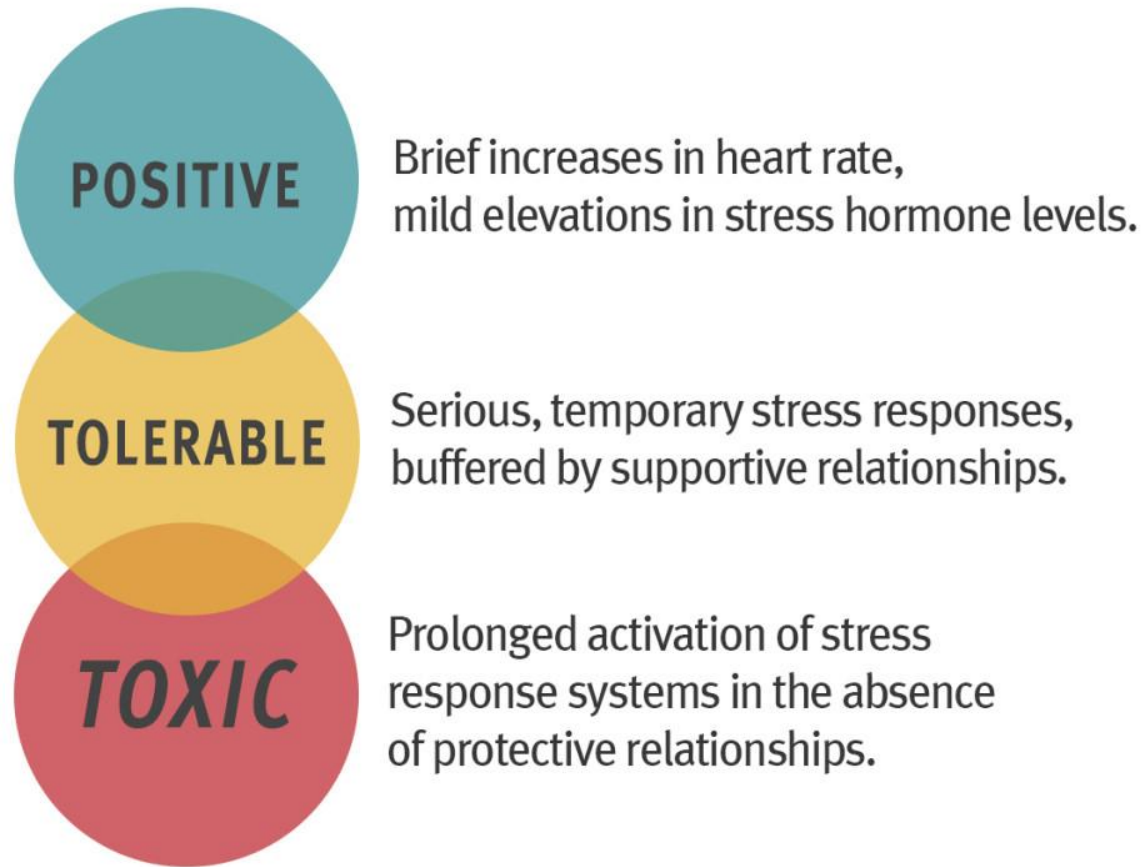
How is Maddie feeling?



- Fearful
- Tense
- Shaking
- Hear beating fast
- Body shutting down
- Freeze
- Breathe



What Stress does to children (to all of us!)



What would you do differently



The best of London
in one borough



Stop



The best of London
in one borough



Talk about it



Arguments are like fire

When you know how arguments work, you can learn to keep them under control.



The logs



What issues do you argue about most?

The match



What usually starts an argument?

The fuel



What makes it worse?
Are you fueling the fire?

The water



What helps calm things down?

[Arguments are like fire: for parents | Getting On Better \(brighton-hove.gov.uk\)](http://brighton-hove.gov.uk)



What is in your watering can?



Go to [menti.com](https://www.menti.com)
Code: **5441 6842**

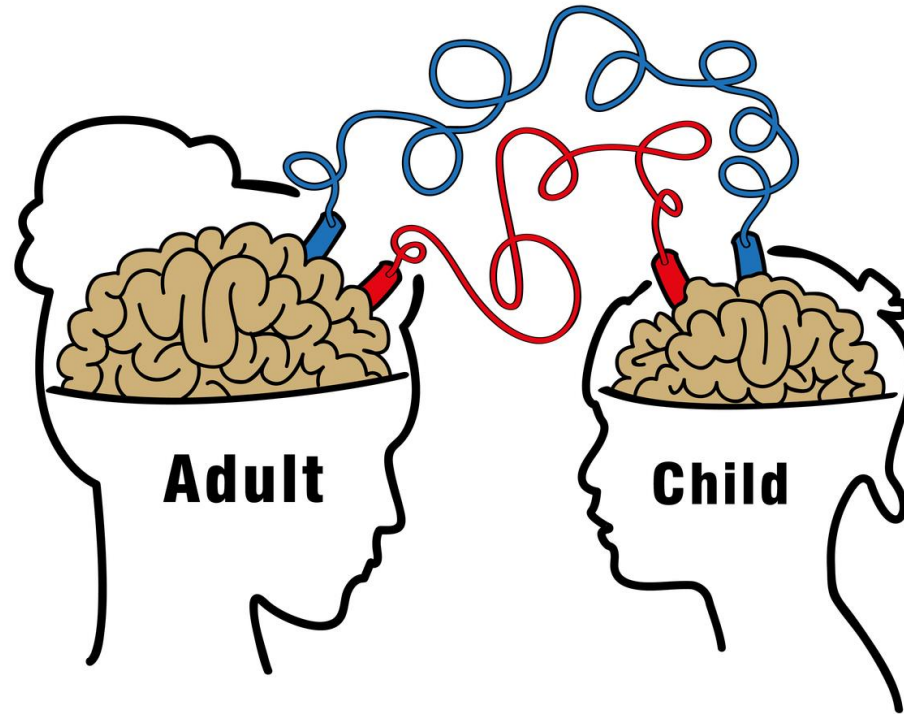


- Your answers





What did Maddie learn?



- At times you might need a little bit of help with your relationship, visit our webpage for contacts and services that can support your family



www.towerhamlets.gov.uk/earlyhelpparents

Early Help Hub

020 7364 5006

earlyhelphub@towerhamlets.gov.uk



Tools and Support for Families



[Arguments Matter Leaflet
for parents](#)

[Relate](#) provide
relationship support and
advice

[https://reducingparentalco
nflict.eif.org.uk/](https://reducingparentalconflict.eif.org.uk/)

Parent and Family
Support Service
020 7364 1952
[Parentalengagement@to
werhamlets.gov.uk](mailto:Parentalengagement@towerhamlets.gov.uk)



