



WHAT'S IN THIS MONTH'S ISSUE:

- Positive Parenting
- Parental Conflict
- Winter Water safety

Spotlight on Safeguarding

Dear Parents / Carers,

Happy New Year and Welcome to our January edition of our Safeguarding Newsletter.

WINTER WATER SAFETY

In winter, children and pets are particularly at risk when tempted to play on the ice formed on open water, and adults can find themselves at risk in attempting to save them. Taking a nice walk in cold weather with your family, friends or dogs in tow can be really refreshing, just make sure you know some simple tips on how to stay safe in winter. Areas with frozen lakes, ponds, canals and reservoirs can be beautiful places to visit during the winter months but all too often many people risk

their lives by venturing onto frozen water. Here are some useful tips to help you know what to do in an emergency.



POSITIVE PARENTING

A child's needs and behaviours can change as they grow and it is how we respond to those changes that can make a difference. Every child needs love, guidance, rules and boundaries. It is important to have set routines and be consistent with these. Rewards and sanctions can be used effectively to manage challenging behaviour. It is important to clearly define the rewards and sanctions that you are setting and then ensure that you are seeing these through. Always remain calm and try not to get into a confrontation with your child. Talk to them about the behaviours being displayed and try to find the underlying cause for these behaviours.

Balancing the various demands parents have to cope with isn't easy and all parents can come under pressure or stress from time to time.

The guide from the NSPCC shares practical advice and tips for positive parenting techniques that work well for children - from babies to teenagers. These techniques encourage better behaviour and help parents find out what works for them and their child.

<https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>



Parental Conflict

What is parental conflict?

There are many forms of conflict in relationships and not all are bad. Harmful parental conflict is a pattern of damaging behaviour that can include:

1. Shouting or aggressive arguments
2. Not speaking to each other regularly or for long periods
3. Being disrespectful
4. Letting issues linger rather than sorting things out

What is most important is how we approach conflict. As adults, we are role models for our children so if we can remain calm and respectful whilst addressing any disagreements, it provides our children with important life skills for future interactions with others.

Impact of parental conflict on children

Children who experience positive and productive relationships are more likely to feel settled and have good social and emotional wellbeing.

Long-term parental conflict isn't just unpleasant and stressful for the adults involved - it can also impact children in a variety of ways. It can have a negative impact on:

- Self-esteem
- Mental and physical health
- Behaviour
- Academic achievements
- Future relationships with others



Research suggests long-term parental conflict may also affect how we parent our children. Some children may experience some degree of hostility from their parent(s) or a decrease in quality time spent together.

How to reduce parental conflict

It's useful to consider how we think about certain situations, how they make us feel and how our behaviour as a result affects those around us. For example, distancing ourselves from certain situations or ignoring others will not offer a solution to a problem. Criticising others, being defensive or "having a go" will also mean you're less likely to deal with conflict positively.

Here are some things to try instead:

- Try and spend more quality time together.
- Choose the right time to address issues. Waiting for a quiet time in the evening may be better than during a busy school run.
- Be open to compromise.
- Listen to each other's views without interrupting.
- Make sure everyone has an opportunity to voice their view. Give the other person time to respond to what has been said, and most importantly, listen to what they're saying.
- Communication really is key - celebrate things you agree on and use this in future discussions.

Children don't come with a parenting manual, so an important part of shared parenting is discovering together what works best for you as a family. Celebrating what is going well and talking about what may need changing will help you communicate in an open and honest way.

This creates an environment where everyone's views are heard and are equal within the relationship.

**Stuck
arguing
with your
child's other
parent?**

we can Relate

You don't need to deal with stress, anxiety or relationship issues alone.

Relate's new AI tools can help you communicate and problem solve with a parent or co-parent, to make things calmer at home.

Try them now



Relate

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact the Designated Safeguarding Lead (Mrs Claire Roper) , or one of the Safe and Sound team. You can also contact the Multi-Agency Safeguarding Hub (MASH) on: 01925 443322 or Outside of office hours call on 01925 444400.