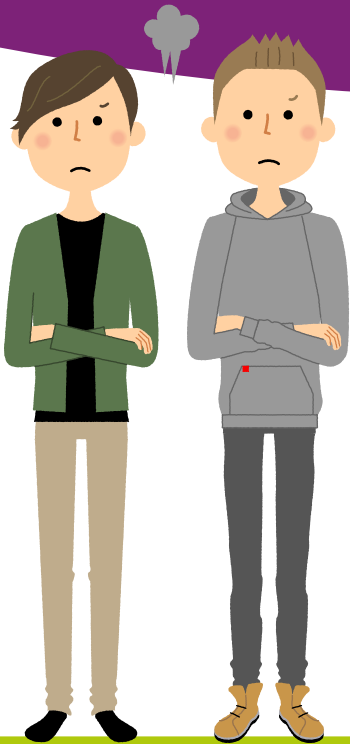


Information about Relationships Really Matter resources



Happy home, happy adults, happy children We all have arguments and fall out with people. It is a natural part of relationships. But what can you do when the arguing gets more frequent, more intense and things don't get resolved?

Information about relationship conflict and how this can impact children is available on Notts Help Yourself site. You can also find out about the support that's available.

This resource developed for families includes:

Section 1 – What is this all about? Information about parental conflict.



Section 2 – Things to do – tools to help you think about relationships



Section 3 – How to parent together when separating and separated



Section 4 – Useful videos about better communication



Section 5 – What help can I get?



Section 6 – More information and support



Section 7 – Is conflict the same as domestic abuse?



Language options are available on the site using the Google translate option For more information please visit [nottshelpyourself/relationships-matter](https://nottshelpyourself.org.uk/relationships-matter) or Scan the QR code