

# Are there disagreements between you and your partner which might be affecting your child?

There is a range of support available to help you.

## Self Help tools:

- videos demonstrating potential impact on children
- handbook providing helpful tips
- exercises to promote positive relationships.

[www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families/reducing-parental-conflict](http://www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families/reducing-parental-conflict)



## If you feel you need further support, you can contact the Child and Family Hubs where trained practitioners are able to provide:

- individual support to reduce parental conflict.
- group sessions offering peer support.

For further information on the support available please visit [www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families](http://www.barnet.gov.uk/children-and-families/early-help-children-young-people-and-families)



Domestic abuse is not the same as parental conflict, relationships should not make you feel unsafe, and you should not be frightened of your partner.

[www.barnet.gov.uk/children-and-families/domestic-abuse](http://www.barnet.gov.uk/children-and-families/domestic-abuse)

If you feel you or your children are in immediate danger please call the Police.  
If you have urgent welfare concerns about your child, please phone the Barnet's Multi-Agency Safeguarding Hub (MASH) on **020 8359 4066**.

**Caring for people, our places and the planet**



[www.barnet.gov.uk](http://www.barnet.gov.uk)

**BARNET**  
LONDON BOROUGH