



Relationship Matters

Whether you're together or separated, the way you and your partner communicate can impact on your children.

Do you recognise any of these things?

- Do you argue or shout with your partner all the time?
- Are you worried about splitting up?
- Are you anxious or worried which gets in the way of managing everyday life?
- Do you struggle to say sorry after an argument and move on?
- Are you using hurtful texts, emails, or Facebook against each other?
- Is there a pattern of sulking, silent treatment, slamming doors or walking away from each other?

Disagreements and arguments are completely normal and part of everyday life, but if it's becoming a problem then you can get help.

Stay calm.

Walk away.

Get some help.

Visit www.relationshipmatters.org.uk

wakefieldcouncil
working for you