

# Family NEWSLETTER

JANUARY 2026

## Welcome to the new Family Newsletter

We are delighted to bring you useful insights, creative ideas, and engaging activities that help nurture strong family connections and highlight the value of healthy relationships at home.

### Myths about parental conflict – What you need to know

Conflict is a normal part of life, but some common misconceptions can make it harder to manage disagreements in a healthy way.

#### Myth 1: Children don't notice arguments between parents.

Fact: Children are very aware of tension at home—even if you think you are hiding it. They may feel anxious or blame themselves. Reassure them and model calm problem-solving.

#### Myth 2: Avoiding conflict completely is the best solution.

Fact: Suppressing disagreements can lead to resentment and larger conflicts down the line. Constructive communication is healthier than silence.

#### Myth 3: If parents separate, conflict automatically ends.

Fact: Conflict can continue after separation, especially during co-parenting. Managing communication remains essential for children's stability.

The Bromley Parenting Hub offers free workshops designed to help all parents—whether you are together, separated, or divorced. Learn practical strategies for managing conflict in a positive way. These sessions provide tools to improve communication, reduce stress, and create a calmer home environment.

**Take the first step toward healthier family relationships—sign up today!**  
**For more information [click here](#) or scan the QR code.**



SCAN  
ME!

[Click Here!](#)

Your  
feedback  
matters!

We would love to hear from you!

Whether it is something you enjoyed, something that didn't quite work, or a suggestion to improve, we would love to hear from you!  
Please email [rpc@bromley.gov.uk](mailto:rpc@bromley.gov.uk)

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Scan the code below for the direct access to free resources



Child Viewpoint Quiz



Quiz for parents who are together



Quiz for parents who are separated



Relationship Thought Prompt cards



RPC activities



Free parent workshops and courses



Young People Thought Prompt cards



Children's books recommendations

