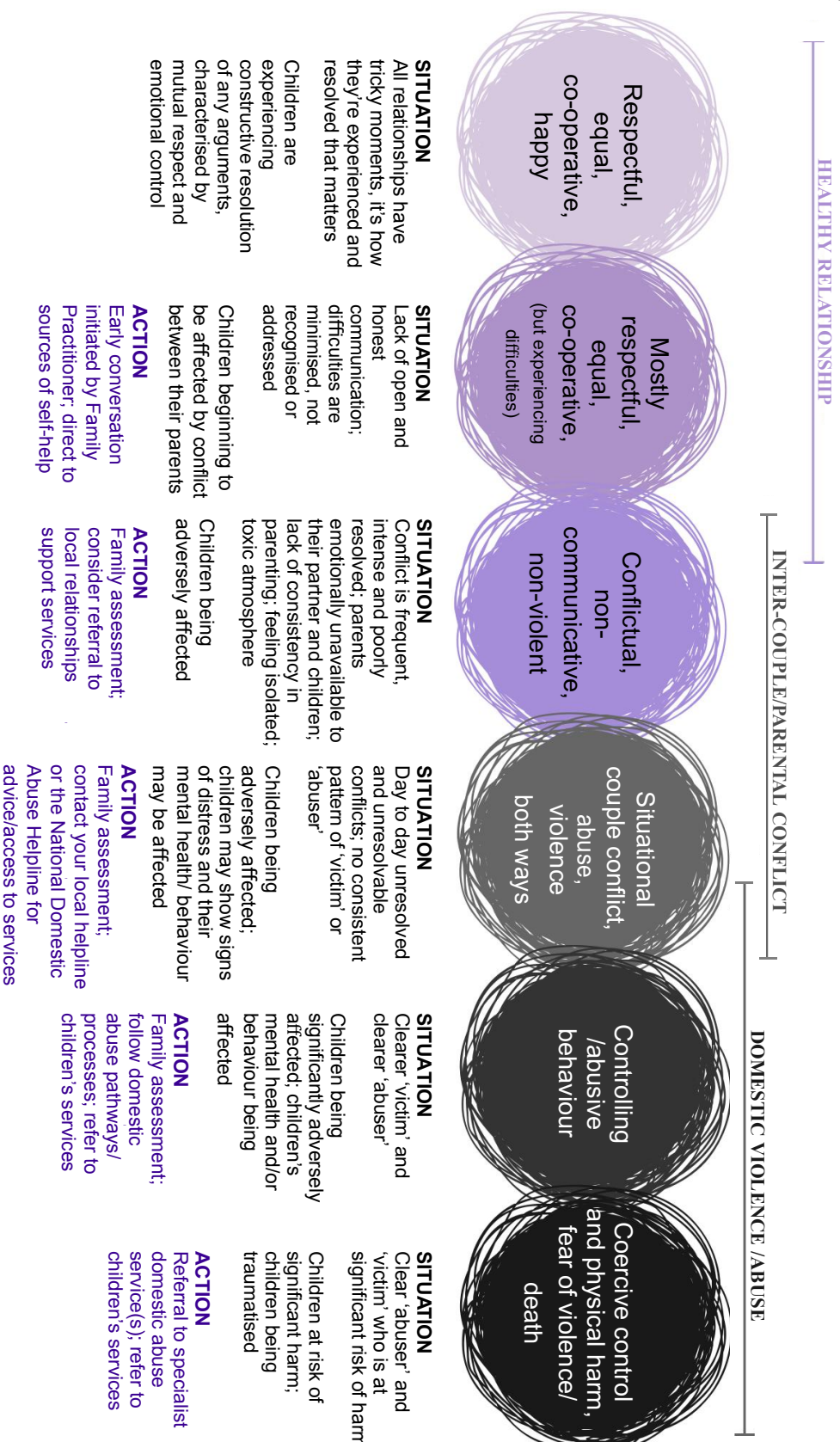


# Parental Relationships Spectrum\*



## CONTINUUM OF CHILDREN'S NEED



## Parental Relationships Spectrum\*

Where you are in contact with parents whose relationship is not healthy, use motivational interviewing and active listening techniques to explore whether they may be experiencing relationship conflict or domestic violence and abuse.

Consider asking some or all of the following questions to explore where on the spectrum diagram the relationship may sit:

<ul style="list-style-type: none"> <li>• <b>What aspects of your relationship trouble you?</b></li> </ul>	
<ul style="list-style-type: none"> <li>• <b>What would you change if you had the opportunity?</b></li> </ul>	
<ul style="list-style-type: none"> <li>• <b>How understanding is your partner?</b></li> <li>• <b>How safe do you feel at home and in your relationship?</b></li> </ul>	<p>Where the relationship is not healthy, this is a really important question to ask. If the parent clearly feels safe, this would tend to suggest they are experiencing parental conflict and may appreciate further discussion, information about sources of self-help and/or referral into local relationships support services.</p> <p>If the parent says they are scared or sometimes feel unsafe at home, this would tend to indicate that the parents are on the domestic abuse side of the spectrum (including on the domestic abuse side of 'situational couple conflict and abuse') so a referral into local domestic abuse pathways and processes might be appropriate</p>
<ul style="list-style-type: none"> <li>• <b>How confident do you feel about making decisions?</b></li> <li>• <b>How comfortable do you feel about expressing your own views and opinions?</b></li> <li>• <b>How much choice do you have about your own life and family life?</b></li> <li>• <b>Where is the joy in your life?</b></li> </ul>	<p>These questions might indicate the presence of coercive or controlling behaviour within the relationship.</p> <p>Those in an abusive relationship may feel the lack of joy in their life and start to see the reality of their situation.</p>
<ul style="list-style-type: none"> <li>• <b>What would your children say about life at home?</b></li> <li>• <b>What changes, if any have you noticed in your children's behaviour?</b></li> <li>• <b>What prevents you from asking for support?</b></li> </ul>	<p>These questions could lead to a discussion about the impact on the children who may be experiencing conflict or abuse between their parents.</p> <p>This question may lead to a discussion about how the parent and/or family could be enabled to access the support they need.</p>

More information and guidance on distinguishing between domestic abuse and harmful conflict can be found at

<https://www.cafcass.gov.uk/grown-ups/professionals/ciaf/resources-for-assessing-harmful-conflict/>