

Relational journey: parental relationship impact mapping

Relationships can shift and evolve over time. It is important to understand when relationships move from healthy to unhealthy or even abusive. This guide will help you understand where your relationship is at the moment.



| Relationship style | What behaviours you have | What it looks like | What your child experiences | What help and support is available |
|---|---|---|--|---|
|  <p>A healthy and respectful relationship</p> | <p>Respect. Equality. Honesty. Co-operation. Trust.</p> <p>Inconsistent respect and co-operation.</p> | <p>Open communication. Tricky moments are resolved constructively.</p> <p>Reduced communication. Difficulties ignored. Arguing and unhappiness.</p> | <p>Constructive resolution skills. Emotional control. Respect and equality.</p> <p>Reduced emotional wellbeing. Distress and concerns.</p> | <p>Self help. Children and family centres. Community services.</p> <p>Children and family centres. Bromley Children Project. Community services.</p> |
|  <p>An unhealthy relationship of conflict and distress</p> | <p>Arguing. Inconsistency. Isolation.</p> <p>Shouting. Screaming. Violence. Conflict.</p> <p>Violence. Conflict. Stress. Worry.</p> | <p>Frequent conflict and arguments. Parents emotionally unavailable.</p> <p>Conflict and abuse. Unresolved conflict. Inconsistent pattern.</p> <p>Controlling and abusive interactions. Arguments and stress.</p> | <p>Toxic environment. Reduced connections. Feeling isolated and alone.</p> <p>Emotional health worries. Concern and worry. Uncertainty in situations.</p> <p>Fear and stress. Negative emotional health.</p> | <p>Family assessment from Bromley Children Project. Relationship support.</p> <p>Family assessment from Bromley Children Project. Domestic abuse advice.</p> <p>Domestic abuse pathway. Children's social care.</p> |
|  <p>An abusive relationship of fear and risk</p> | <p>Control. Abuse. Fear.</p> | <p>Coercive control. Physical harm. Fear of violence or death.</p> | <p>Risk of significant harm. Trauma and fear. Belief that abuse is normal.</p> | <p>Domestic abuse services. Children's social care. Police and emergency care.</p> |

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