

## Activity

#01

# The impact on your child

This activity will help you to identify the impact of your relationship on your child.

Everyone argues at times. When it's constant or is not dealt with it can build up overtime. This will have a negative impact on your child. Knowing what to look for is important. Alongside 'The Child's Viewpoint' quiz, this activity will help you to consider how much your relationship is impacting on your child.

### How to use this tool

- 1 Ask and support your child to complete 'The Child's Viewpoint' quiz.
- 2 Read through the signs below and tick any that you believe that your child is displaying - and use the comments spaces to add more details for your responses.
- 3 Share your responses with your partner - and ask them to share their responses with you - if it is safe to do so.
- 4 Look at the areas where you agree and the areas where you disagree along with what your child has answered in this quiz.
- 5 Use this knowledge to consider what actions you need to take - both individually and jointly.

## The child's viewpoint

Did your child highlight any issues in their quiz? If so, make a note of the areas here

How often do they feel you and your partner argue?

What do they feel you argue about?

How do they feel when you and your partner argue?

How do they feel you and your partner deal move on from the argument?

## Thinking about your child, do you see any of these things?

These signs don't necessarily mean that a child is being negatively affected, there could be other things happening too. It is important to put the whole picture together.

	Never	Sometimes	A lot
Unexplained changes in behaviour or personality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming withdrawn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seeming anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming uncharacteristically aggressive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Add details for your answers here:



## What have you learnt?

Has anything surprised you? Has anything disappointed you? Have you spotted any unknown strengths or positives? Write down what you learnt.



## What do you need to do or change?

Write down a few actions that you need to take, either individually or together.

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