



# Parental conflict (Understanding and Strengthening Relationships)

*Jenny Reynolds, Catherine Houlston, Lester Coleman, Gordon Harold*

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There is increasing government recognition of the importance of early family experiences on individuals in the long term and of how inter-parental conflict influences children's development. Recognition of the role of such factors early in life is key to helping both policy makers and practitioners promote positive outcomes for children. This accessible book reviews recent research showing how children who experience high levels of inter-parental conflict are at serious risk not only in terms of their own wellbeing, but also in relation to the perpetuation of these behaviours later in life. It examines the differences between 'destructive' and 'constructive' conflict and how they affect children, explores why some children are more adversely affected than others, and features the latest evidence on how conflict affects child physiology. Of particular note is the book's focus on the growing evidence-based literature on conflict interventions within the last decade. A primer for practitioners working with families, policy makers, students and academics, it will show how to improve the tomorrows for children who experience challenging family experiences today.

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