

# Health and Family Relationships



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body for people who work with parents



# Health and family life: workshop brief

- Fathers, carers, disability, domestic violence; relationship conflict and breakdown; parental mental and physical health
- “Employers want the skills developed in good home environments” (Progress report on social exclusion p6)
- Relationship skills - teamwork, communication and negotiation - are also the basis of good parenting



# The parents are the children

- Desforges and the water
- Breaking the cycle “The most important influence on a person’s level of self-esteem are their parents.”
- Low expectations/ levels of self-belief
- Reluctance to set boundaries
- No habit/skills for expressing feelings or responding positively
- SEAL should help...

[www.parentinguk.org](http://www.parentinguk.org)

[www.europarent.org](http://www.europarent.org)



# Serious about fathers?

- Where would they learn fathering?
- Olds involves fathers as well, yet Report says “disadvantaged *mothers...*”
- “Improve outcomes for *mother* and child”
- Paying attention to peri-natal - a missed opportunity..
- Father involvement better relationships and educational achievement for boys and girls (Flouri and Buchanan)
- Fathers can sometimes discourage school achievement for boys



# Multi-agency work to address multiple problems

- “Self-medication”
- Actual practical help with disabled children, housing, debt, violence, physical or mental illness, substance misuse
- Common Generic Transferable Units for Children’s Workforce - multi-agency training for better referral
- Referral to one-to-one parenting help can be less threatening - poor experience of group-based schooling; Group may be possible if same person leading and escort and transport provided



# The workforce they deserve?

- “Potential impact inhibited by quality of service provision. These problems will not be solved by a one size fits all approach” (Interim report)
- “How we work with parents is as important as what we do” Quinton 2003
- Careful recruitment, training and supervision; men
- Trained to work with parents, (not children)
- National Occupational Standards
- Raised self-esteem from parenting help often leads to further education, training and employment