

## Welcome to the new Family Newsletter

We want to offer parents and carers information, ideas and activities on how to build strong bonds and embrace the power of healthy relationships within families.

## FAMILY VOICES FOLLOWING THE RPC PARENTS WORKSHOPS

"I've learned to let go of the small stuff and focus on being the best parent I can be when my son is with me. He's happier, and so am I." Ewan's dad

"We used to argue almost every day. Not big fights, just constant tension. Our kids started withdrawing, and we knew something had to change." The quiz helped us to identify what caused the tension at home." Naomi's parents

"The RPC workshops helped me see things differently. I learned how to focus on our child's needs, not just my frustrations. Joy's mum

"We still disagree sometimes, but we don't spiral. By using the Relationship Thought Prompt cards we've learned how to pause, breathe, and come back to the conversation with respect. It's changed everything." Eve's mum

"The Four Horsemen of the apocalypse activity has helped us to learn how to pause before reacting, and how to really listen. It wasn't easy, but the activity we were given helped us break old patterns." Masood's parents

"I learned to use 'I' statements. Saying 'I feel overwhelmed when plans change last minute' landed so much better than 'You never stick to the plan!'" Jamie's dad



## RESTORING HARMONY TO FAMILY RELATIONSHIPS

Are disagreements with your partner negatively impacting your child?  
Are you arguing over money, parenting, or housework?  
Are you experiencing intense, ongoing conflict?

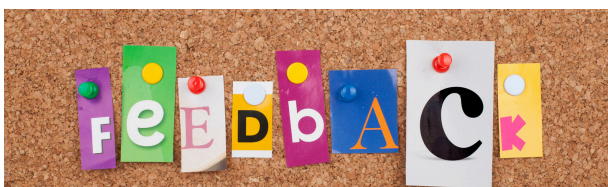
For FREE advice visit our website:  
[www.bromley.gov.uk/BromleyParentingHub](http://www.bromley.gov.uk/BromleyParentingHub)

to access Bromley Parenting Hub website



Scan Me!

Click Here!



## We would love to hear from you!

Your experience and feedback matters to us. Whether it is something you liked, something that did not quite work, or an idea for improvement, please take a moment to share your thoughts.

# fAMILY

SEPTEMBER 2025

# NEWSLETTER

Scan the code below for the direct access to free resources



Child Viewpoint Quiz



Quiz for parents who are together



Quiz for parents who are separated



Relationship Thought Prompt cards



RPC activities



Free parent workshops and courses



Young People Thought Prompt cards



Children's books recommendations



**Bromley Parenting Hub.**  
Building stronger parental relationships

