

# Parent Wellbeing Tip Sheet



## Early Intervention

Parenting can be a challenge at times, and this can place great stress on your relationship with your partner. Picking up signs of relationship stress early can help you to resolve conflicts before they become a big issue.

Have you or your partner:

- stopped engaging in joint activities?
- had recurring arguments which are never resolved?
- been feeling of dissatisfied and unhappy?
- been neglecting or neglected by your partner?
- noticed a loss of feeling? (do you no longer say that you love each other?)
- become emotionally or sexually involved with someone outside of your relationship?
- felt increasingly tired and struggled to meet responsibilities at work?
- been arguing about parenting?

If you have noticed any of these early warning signs, you should seek professional help. Relationship Counsellors and Dispute Resolution Practitioners can help you to resolve any problems that have the potential to become serious.

The sooner that you act on issues the better.