

AMITY ESSENTIALS

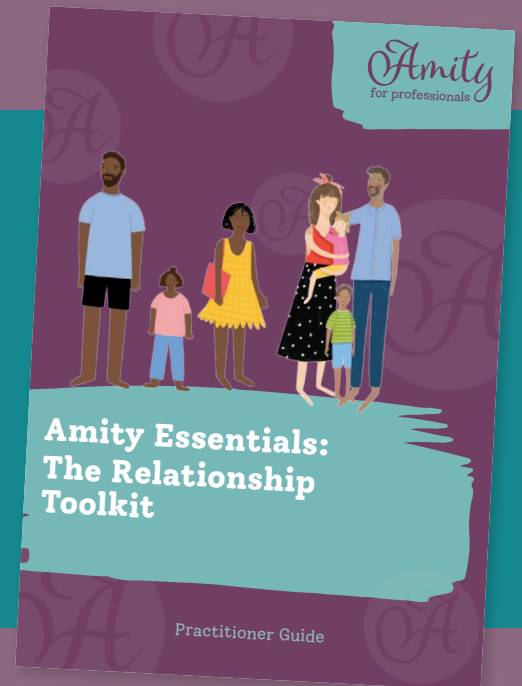
RELATIONSHIP TOOLKIT

for multi-agency practitioners

Amity
welcome to the
relationship revolution

Transforming the parental relationship, one conversation at a time

The Amity Toolkit is a practical, 88-page flexible resource developed by relationship and communication experts for professionals working with families and adults; social workers, family workers, health visitors, family hub practitioners, and more. Designed with simplicity and effectiveness, this toolkit equips practitioners with the tools they need to encourage stronger, more constructive relationships between parents and carers.



INVEST IN YOUR ORGANISATION

Whether you're a seasoned family-focused practitioner or new to the field, the Amity Relationship Toolkit is a must-have resource that will help you feel more confident and equipped to support families. It's not just a resource, it's a transformative tool that enables you to make a meaningful difference.

READY TO MAKE A DIFFERENCE?

With it the Amity Relationship Toolkit you'll be ready to help families communicate more effectively and create a foundation for healthier, happier relationships.

Why the Amity Toolkit?



Enhanced communication: Poor communication is linked to a range of challenges for families, impacting mental health and overall well-being. The Amity Toolkit provides clear strategies to help parents and carers communicate more effectively, leading to healthier relationships and positive role modelling for their children.



Improved outcomes for families: The toolkit fosters stronger, more resilient family units by supporting families in achieving better communication. Healthy communication reduces conflict and improves mental health outcomes for both adults and children.



User-friendly and accessible: Packed with practical tools that are easy for parents and carers to understand, the Amity Relationship Toolkit empowers practitioners to encourage relational curiosity, confidently by engaging families in meaningful conversations that can lead to real change.



Proven and trusted: Widely used across England and Wales, the toolkit has been independently evaluated, reinforcing its credibility and effectiveness as a go-to resource for family-facing practitioners.

THEORY OF CHANGE:

The Amity Relationship Toolkit

GOAL:

To improve communication skills and reduce conflict within families, thereby fostering healthier relationships and improved outcomes for both adults and children.

INPUT:

- An 88-page resource for effective communication and conflict resolution.
- Practitioners trained social workers, family workers, health visitors, and family-facing professionals.

ACTIVITIES:

- Training practitioners to use the Amity Toolkit.
- Practitioners introducing communication tools to parents and carers.
- Practitioners modelling healthy conflict resolution techniques.

OUTPUTS

- Improved communication between parents and carers, leading to reduced parental conflict.
- Healthier role modelling of conflict resolution and communication for children, who benefit from observing everyday positive interactions.
- Enhanced mental health outcomes for all family members due to reduced stress and improved relational dynamics.

OUTCOMES

- Improved parent/carer communication, leading to reduced family conflict.
- Positive role modelling for children, who observe healthy conflict resolution.
- Improved mental health for all family members.

LONG TERM IMPACT

- Families demonstrate resilience and stability, with improved mental health and relational dynamics.
- Community-wide benefits from stronger, more stable family units.
- Families demonstrate the ability to manage conflict long term without the needs for ongoing professional support.