

**LETTER TO EDITOR:**

**INTER-PARENTAL CONFLICT AND CHILDREN'S COGNITIVE HEALTH DECLINE: HOW TO OVERCOME THE CONSEQUENCES**

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**To the Editor,**

I want to address the consequences of long term inter-parental conflict on children's cognitive health and how to overcome these problems in order to improve the personal and professional development of such children.

The children who are brought up in a family where they often see their parents' conflict and abusive behavior are more likely to suffer with mental health throughout their life.<sup>1,2</sup> They suffer with cognitive health impairment leading to difficulty in concentration, confused personality, lack of decision making, limited problem solving abilities, social anxiety, fear of losing everything, poor communication skills, depressed mood, aggressive behavior, hopelessness, loneliness, attention deficits, poor academic performance and sleep disorders.<sup>1-4</sup> Long term exposure to inter-parental conflict (IPC) can lead to the above mentioned harmful consequences and may affect the personal and professional development of such individuals.

A study conducted in Australia showed persistently high exposure to IPC during early and middle childhood can lead to significant emotional and behavioral disabilities.<sup>1</sup> However, little is known how to overcome these problems. The need of the hour is to address the possible solutions which are beneficial for both the parents and their children.

I think that different proactive measures should be introduced and practiced in the community to benefit those individuals who are exposed to inter-parental conflict. Raising awareness about this issue through different community campaigns can provide a supportive environment because through this platform we can counsel the parents about the harmful consequences of inter-parental conflict and how cognitive health well-being is important for their children. We can educate parents to resolve their issues in a healthier way, creating a friendly and supportive environment for their children. The educational institutes must have dedicated mental health professionals who are available there for therapy sessions and counselling of affected children and they must coordinate with the teachers in order to closely monitor the progress of affected children.

The main focus is to highlight the need for implementation of early intervention and supportive programs in order to increase the resilience of affected children. This will encourage them to cope better and control their emotions wisely. Furthermore, this will lead to better personality development and confidence in these children.

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