

An online course to help parents communicate better with each other

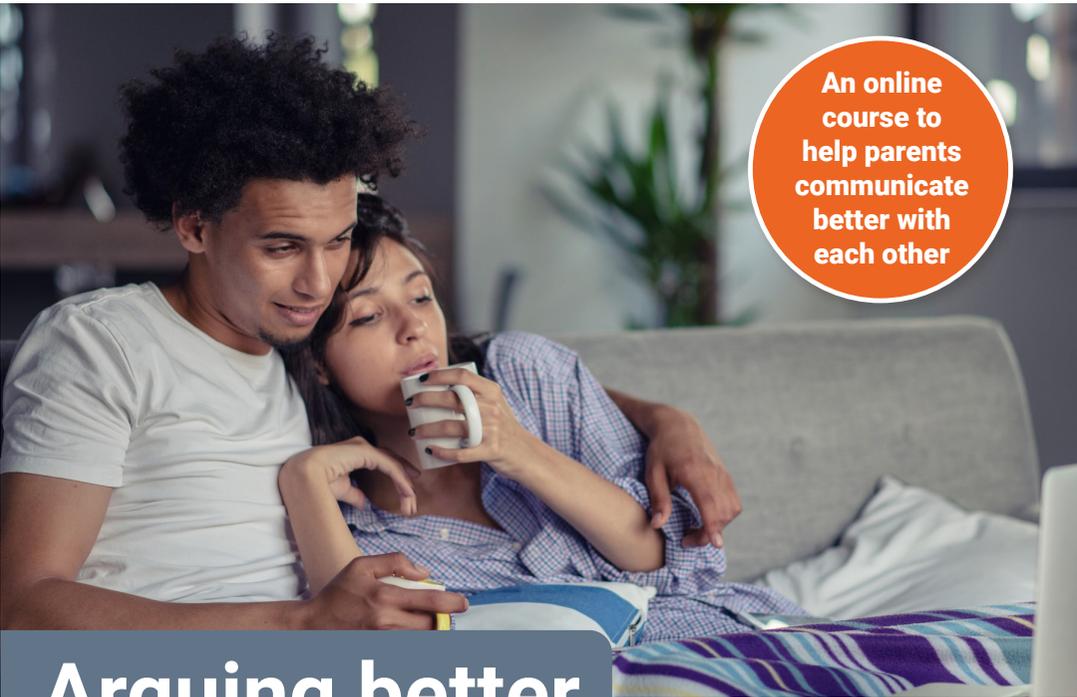
## Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. How you deal with disagreements can make a big difference to you, your partner, and your children.

This free online course can help you learn to manage difficult conversations, avoid conflict, and improve things for your whole family.



Create your free account at [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) or scan the QR code  
To access the course, you will need a good internet connection and a smartphone, tablet, or computer.



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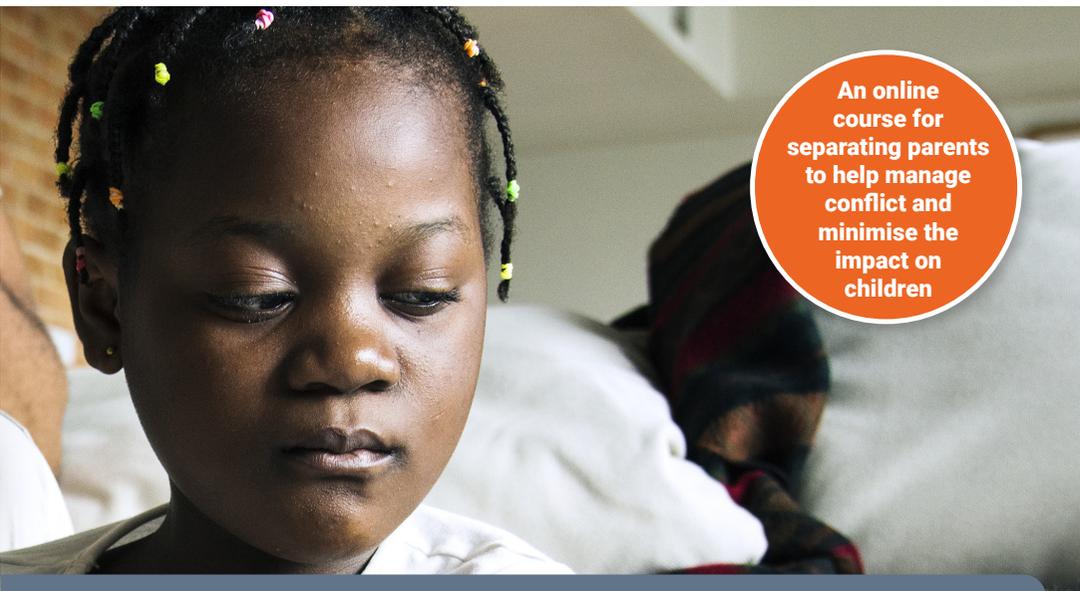
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An online course for separating parents to help manage conflict and minimise the impact on children

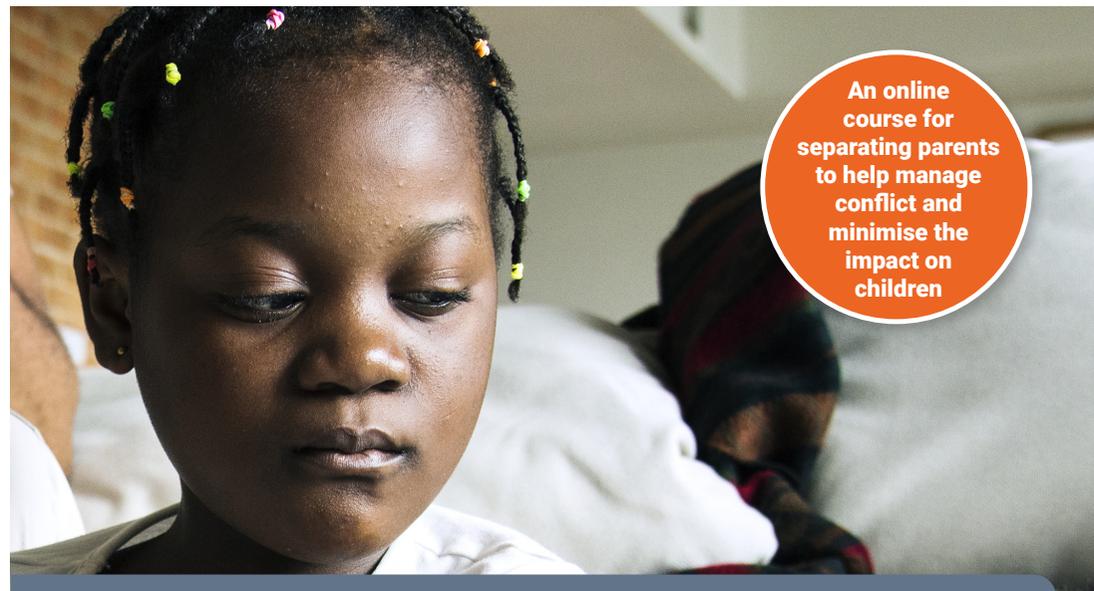
# Getting it right for children

When separated parents argue, it's common for children to feel like they are caught in the middle. This free online course is designed to help separated parents communicate better with each other and parent co-operatively after parting.

You will learn positive communication skills like staying calm, seeing things differently, and speaking for yourself so that you can sort out disagreements with your child's other parent and find solutions together. You can do the course on your own, at your own pace.



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An online course for new and expectant parents

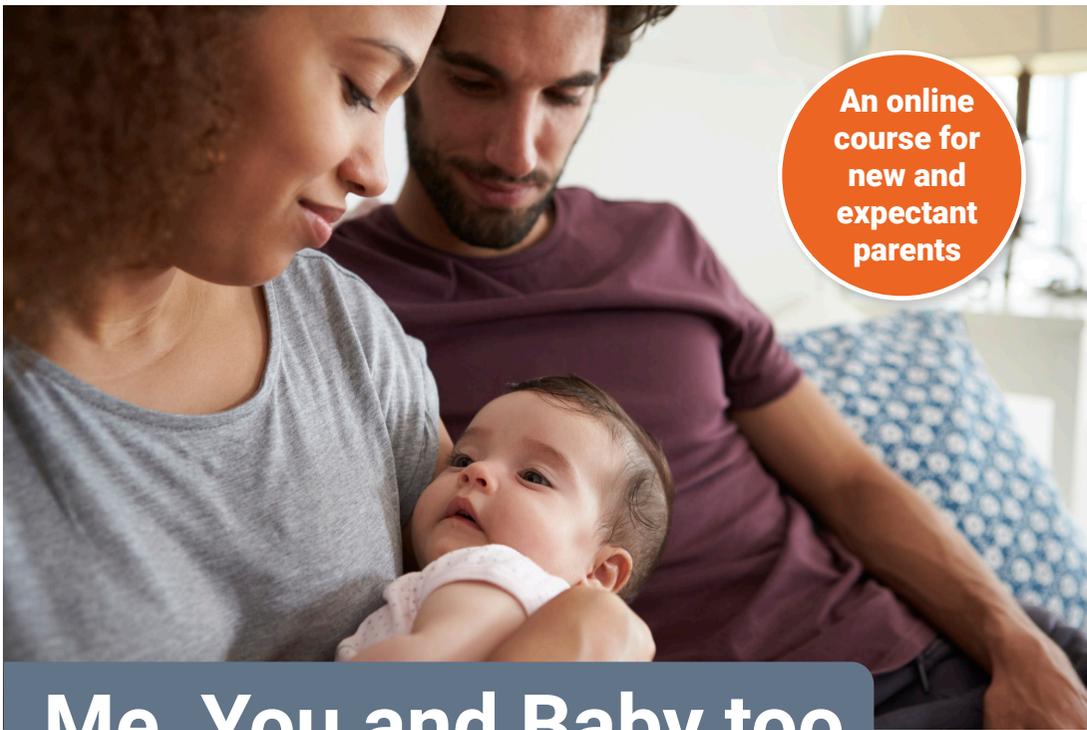
# Me, You and Baby too

Tiredness and stress are common when you're caring for a baby. If parenthood is leading to more arguments between you and your partner, this free online course could help.

With tips and advice on how to talk about difficult topics, share stress, and prevent arguments, this short course will help you and your partner navigate challenging times together.



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