

# Online relationship support for parents oneplusone

Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn how to cope with stress and communicate better, wherever you are in your parenting journey.

For All Parents

## Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children.

You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

For New Parents

## Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

For Separating Parents

## Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. The courses are free to access, so register your interest by scanning the QR code or speaking to a staff member of the Swale Children's Centre team.

