

Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn 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 communicate better to minimise the impact this can have 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. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password. You can get started by scanning the QR code or visiting: www.oneplusone.org.uk/parents

Find out further information about the healthy relationships programme offered by BCP Council Family Hubs:

www.bpcouncil.gov.uk/healthyrelationships

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