

# Free Online Courses

## Reducing Parental Conflict

### **Me, You and Baby Too**

Becoming parents can change your relationship. Tiredness and stress associated with parenthood can lead to you and your partner misunderstanding each other. This online course, available for free to parents in Hampshire can help you improve communication skills and manage conflict better. <https://www.oneplusone.org.uk/parents>

### **Arguing Better**

Knowing how to argue in a constructive way can make all the difference to your relationships. Learn more with this online course currently available at no cost to residents in Hampshire.

<https://www.oneplusone.org.uk/parents>

### **Getting it Right For Children**

When parents separate, it's easy for children to get caught in the middle of their disagreements. Getting it Right for Children is a free online course for parents in (insert local authority area) designed to help them parent co-operatively after parting. <https://www.oneplusone.org.uk/parents>



An online  
course for  
new and  
expectant  
parents

# Me, You and Baby Too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

*Me, You and Baby Too* is a free online course that can help you navigate these changes and keep moving forward together.

## You will learn:

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- 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.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Me, You and Baby Too* is designed for new and expectant parents.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



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. The way you approach these conversations can make a big difference to you, your partner, and your children.

*Arguing better* is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

## You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



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

# Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

*Getting it right for children* is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

## You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.

