

**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**

.

**An online**

**course to**

**help parents**

**communicate**

**better with**

**each other**

**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.**

**Arguing better**

**Register at this address**

[**/**](http://www.oneplusone.org.uk/parent-resources-for-england)

**www.oneplusone.org.uk**

[**d**](http://www.oneplusone.org.uk/parent-resources-for-england)

**parent-resources-for-englan**

**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.