**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.**



**Getting it right for children**

**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**

.

***•***

***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.**

**An online**

**course for**

**separating parents**

**to help manage**

**conflict and**

**minimise the**

**impact on**

**children**

**Register at this address**

**www.oneplusone.org.uk**

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**or scan the QR cod**

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

