

# Reducing Parental Conflict

## Newsletter July 2024

We have been busy continuing to provide our Consolidation Sessions this month, look out for September Training dates coming soon!

Email the team for more information: [healthyrelationshipsteam@barnardos.org.uk](mailto:healthyrelationshipsteam@barnardos.org.uk)

We have some exciting **Reducing Parental Conflict** news! After months of planning and sourcing funding... We are happy to announce we have created a **FREE RESOURCE BAG** for practitioners and parents to help support parental conflict. If you have had Training, please Email: [healthyrelationshipsteam@barnardos.org.uk](mailto:healthyrelationshipsteam@barnardos.org.uk) to request one!

Whats included:

- Amity Relationships - 6 weeks Structured Sessions (for practitioners to do with parents)
- Amity Relationships - Little Book of Relationships (for parents)
- Healthy Relationships Questionnaire
- One Plus One parent course poster
- For Baby's Sake - My Cup of Tea poster
- For Baby's Sake - My Needs Emotional Safety Plan
- Family Storms: When Parents Fight by Sofie Blessing
- Mum and Dad Glue by Kes Gray
- Business card for Compass (DA service in Essex)

(Recent Feedback)

*Thank you so much for the resources bag which is full of great information! I particularly like the story book which I have already shared with a few of my pupils.*



**Free** Online Training Digital Resource for Parents, just get them to scan the QR code below!

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 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. 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](http://www.oneplusone.org.uk/parents)



**Separating better**  
your guide to a smoother separation

Our FREE app offers expert advice and emotional support for effective co-parenting

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