

How to Argue Better



Improve communication with this **FREE** online course

Everybody does it...

All couples argue from time to time. It's a normal part of life... but the way you deal with disagreements can make a big difference to you, your partner, and your children.

How to Argue Better isn't designed to help you win an argument. It's designed for parents who want to learn healthy ways of dealing with stress and conflict to improve things for their whole family.

Parents who **get on better** are equipped to support their children to develop the social and emotional skills they need to build bright futures.

This online course is **FREE** and you can complete it at your own pace.

This course will give you skills you can use in all areas of your life.
Understand:

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

Simply visit www.oneplusone.org.uk/parents or scan the QR code to create your *Getting on Better* account and get started.

