

Getting on Better



Getting on Better helps you and your children get on in life

FREE relationship support for parents and families.

Research shows that how parents get on affects the wellbeing and development of their children – whether they are together or separated.

If you'd like further support to improve your relationship with your partner, co-parent, or children, speak to your local family hub.

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

All courses are **FREE** and you can complete them at your own pace.

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

These **FREE** online courses help parents reduce conflict and improve their communication skills:

- *Me, You and Baby Too* – for new and expecting parents.
- *How to Argue Better* – for parents needing support to deal with disagreements and cope with stress.
- *Getting it Right for Children* – for parents needing help to co-parent after separating.
- *Debt and relationships* – a collection of real stories highlighting the impact of debt on relationships.

