

Improve communication with this FREE online course.

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 won't teach you how to win an argument, but it will teach you how to handle stress and conflict in healthier ways, making things better for your family.

How to Argue Better



This course will help you to understand:

- Where stress comes from and how it affects 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.

You'll learn practical skills that will help you in all areas of your life.

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

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

