

Helping you and your children get on in life.

FREE relationship support for parents and families.

How parents get on – whether they are together or separated – affects their children’s wellbeing and development.

Getting on Better offers a range of FREE online courses to help parents improve their communication skills and reduce conflict.



Getting on Better



This course will help you to:

- Improve your communication skills.
- Sort out disagreements constructively.
- Find parenting solutions together.
- Avoid your children getting caught in the middle of your separation.

When parents work together – even after parting – children can thrive.

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.

