

Going through a divorce or separation?

The breakdown of any relationship can be tough.

If you have children, you and your ex will need to adjust to a new life of co-parenting together. It's not always easy, but you'll want to get it right for your children.

Getting it Right for Children is a FREE online course that will help you do just that.



**Getting it
Right for
Children**

 **oneplusone**



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.

