



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



oneplusone



Choose the course that's right for you:

- *Me, You and Baby Too* – for new and expectant parents.
- *How to Argue Better* – for parents who want help with handling disagreements and coping with stress.
- *Getting it Right for Children* – for separated parents wanting to co-parent effectively.
- *Debt and Relationships* – real stories highlighting the impact of debt on relationships.



All of these courses are FREE and you can complete them 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.

