

Getting on Better



Giving every child the best start in life begins with the relationships they have around them. This includes the relationship they have with their parents and the relationship their parents have with each other.

Getting on Better is the new package from OnePlusOne – designed in collaboration with practitioners – specifically for Family Hubs and local authorities to help give every child the best start in life.

The government has set a target that by 2028, 75% of five-year-olds will have reached a “good level of development”. To achieve

this, it's important that parental relationships are not ignored. It's these early experiences that shape a child's early years. Put simply, parents who get on better are better equipped to support their children to develop the social and emotional skills they need to be ready for school, and provide the foundations required to thrive.

Our **Getting on Better** package contains everything you need to equip your workforces with the confidence, training and resources they need to support parental relationships and help secure better outcomes for children and their families.

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The *Getting on Better* package is a complete toolkit of evidence-based training and resources to support parents to strengthen and maintain the quality of their relationship – whether that's during the transition to parenthood, following a separation, or to give them strategies to help them look after their relationship and prevent problems further down the line.

It contains a blend of online courses and physical resources that can be used independently or with practitioner support, individually or in groups, creating a flexible and accessible package that can be adapted to suit local needs. There are also e-learning and guidance materials to support anyone who works with families to engage parents and use the resources effectively.

Getting on Better is available in three tiers:

1) The Essential Package

- Nine *Getting on Better* cards for children.
- Fifteen *Getting on Better* cards for parents.
- Full access to our tried and tested digital interventions:
 - *Me, You and Baby Too*. For new and expecting parents.
 - *How to Argue Better*. For parents experiencing conflict and stress.
 - *Getting it Right for Children*. For separating and separated parents.
- Session guides to help you engage families in services and get them the support they need.
- Practitioner guides to help you support parents through the digital interventions and other resources.
- E-learning to support professional development, covering:
 - The impact of parental conflict.
 - The difference between parental conflict and domestic abuse.
 - Introduction to the *Getting on Better* package.
 - Building practitioner confidence to effectively use the tools and resources with parents.
- Materials to help you promote the support available in your area.



2) The Enhanced Package

Contains everything in the **Essential Package** plus:

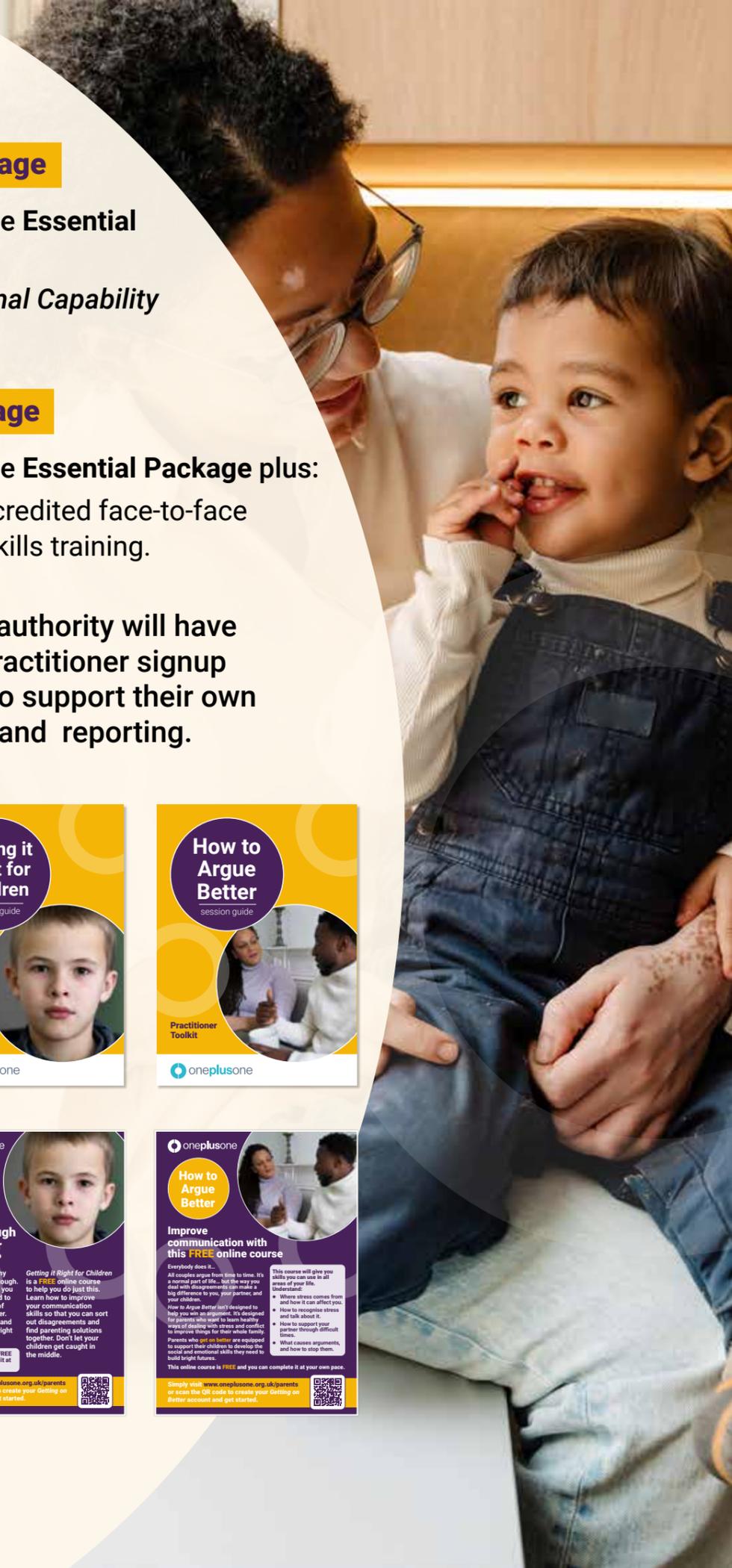
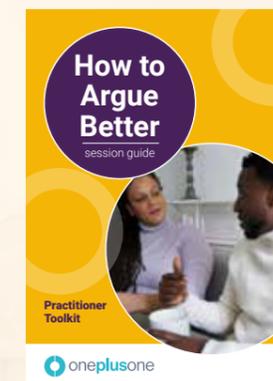
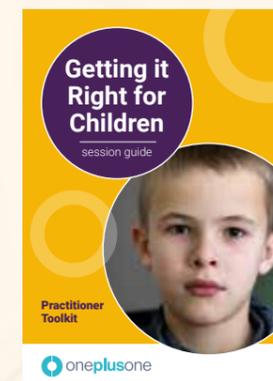
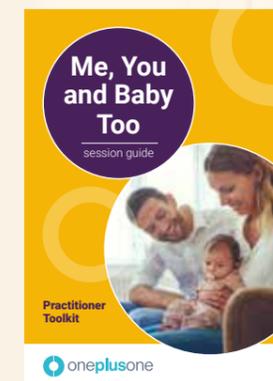
- Two half-days' *Relational Capability* Online training.

3) The Extended Package

Contains everything in the **Essential Package** plus:

- Two full-days' CPD-accredited face-to-face *Relational Capability* skills training.

In addition, every local authority will have access to parent and practitioner sign up and engagement data to support their own programme evaluation and reporting.



If you'd like to know more about how the **Getting on Better** package can help you to support families and improve outcomes for children, please contact us at info@oneplusone.org.uk

www.oneplusone.org.uk



The parenting relationship is arguably the most important relationship within the family because it forms the environment into which children are born and develop. Supporting and protecting that relationship is key to healthy and happy children, and a healthy and happy society.

Dr Anna Machin,
evolutionary anthropologist,
writer and broadcaster.



Getting on Better... because getting on better with each other means getting on better in life.