Online relationship support for parents

one plus one

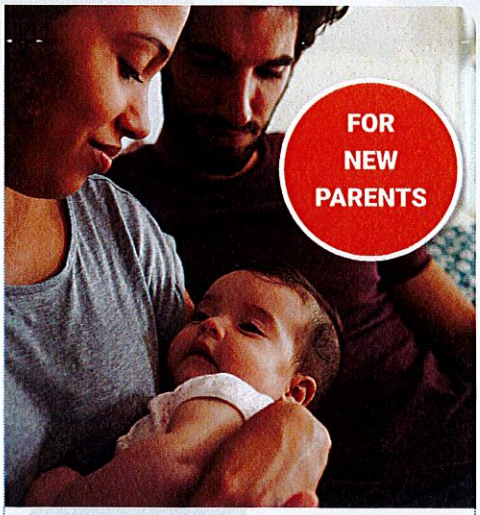
Parents in Newcastle can now access THREE ONLINE COURSES from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting: **www.oneplusone.org.uk/parents**

Please visit **www.newcastlesupportdirectory.org.uk/healthy-relationships-support-parents** for more information about free support or email **paula.davies@newcastle.gov.uk**

children & families NEWCASTLE

Newcastle City Council



FREE resources on debt and relationships

Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

Debt and money troubles are among the biggest causes of relationship stress.

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address **www.oneplusone.org.uk/parents** or scan the QR code



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