

Free Online Resources for Parents – Reducing Conflict

Disagreements in relationships are normal and not necessarily problematic when resolved constructively. However, when parents are entrenched in conflict that is frequent, intense, and poorly resolved it is likely to have a negative impact on the parents and their children. Research shows that this conflict is harmful to children and affects their outcomes.

As part of the DWP Reducing Parental Conflict Programme, we have invested in 3 online resources for parents, whether together or separated, to help them to understand the impact of this conflict and to look at alternative ways of resolving this by communicating with each other differently. The resources are:

Me, You and Baby Too, for new and expecting parents,

Arguing Better to support parents to manage conflict constructively and reduce the impact it has on children,

Getting it Right for Children for separated parents to help minimise the impact of separation on children.

All three of the above courses are online and parents who wish to access them can work their way through the courses at their own pace, they do not need to complete all in one go, they can save and come back to it later.

Parents can do any one of the above online courses or all three, depending on their circumstances and needs. To access the online resources parents will need a smart device such as a mobile phone and an internet connection. (There have been some reports that certain browsers such as internet explorer can impact the viewing and completion of the course, so try to avoid this browser).

These resources are free to access via [OnePlusOne](#). As a professional you can review the modules through the link, using your professional email address.

These resources are not appropriate where there is suspicion or evidence of domestic abuse, where there will be an imbalance of power and one parent may feel fearful of the other.

Please access information about the resources here: [Relationship Support - Managing conflict \(nctrust.co.uk\)](https://www.nctrust.co.uk/Relationship-Support-Managing-conflict)