

Reducing Parental Conflict

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What is Parental Conflict?

Parental Conflict can range from a lack of warmth and emotional distance, through to swearing and shouting.

Conflict is often frequent, intense and poorly resolved.

Parental conflict is a known risk factor for poor child outcomes.

PARENTAL CONFLICT INTERVENTIONS ARE NOT SUITABLE IF A SERVICE USER IS EXPERIENCING ABUSE FROM A PARTNER OR CO-PARENT

One Plus One have over 50 years' experience in creating evidence-based resources to support the development of healthy relationships. Cambridgeshire and Peterborough have purchased licences to allow parents to access four digital courses



An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, 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/parent-resources-for-england or scan the QR code



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An online course for separating parents to help manage conflict and minimise the impact on children

Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:


- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, 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.

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An online course for new and expectant parents

Me, You and Baby too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

Me, You and Baby Too is a free online course that can help you navigate these changes and keep moving forward together.

You will learn:

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- 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.

To access the course, 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.

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Cambridgeshire County Council PETERBOROUGH CITY COUNCIL

FREE online materials

Debt and Relationships

A collection of animated real-life stories and advice about debt

The cost of living crisis may mean more families are facing financial worries.

The relationship experts at **OnePlusOne** are offering residents in Cambridgeshire and Peterborough access to **FREE** advice about debt and relationships.

To access the course, 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 here www.oneplusone.org.uk/parents or scan the QR code



Debt and Relationships is designed for parents who want to learn healthy ways to deal with stress and conflict.

- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

To find out more visit www.oneplusone.org.uk/parents

Webinars Courses for Parents

Arguing Better

Online via Teams, Wednesday 17th April & Wednesday 24th April 2024, 6.30pm – 7.30pm - delivered by Sally Palmer & Lydia Mack

Getting It Right for Children

Online via Teams, Thursday 13th June and Thursday 20th June, 12 – 1pm 2024 – delivered by Barnardos & Lydia Mack



Cambridgeshire and Peterborough Family Hubs

Arguing Better Online Workshop

For parents living together who are experiencing high levels of stress and couple conflict. It aims to:

- raise awareness of parental conflict and its impact on children;
- to increase parents' capacity to cope with stress together,
- and to support parents to develop skills to manage their conflict more constructively.

The parent/s need to attend both sessions.

 **Wednesday 17 April**  **Wednesday 24 April**
18:30 - 19:30 18:30 - 19:30

BOOK To book a place email
RPCLead@cambridgeshire.gov.uk

This course is not suitable for victims of domestic abuse. If you are concerned that you or a service user could be experiencing abuse from a partner or co-parent please visit Victim Services. [Victim Services | Cambridgeshire & Peterborough \(cambsvictimservices.co.uk\)](https://www.cambsvictimservices.co.uk)



We have commissioned Amity Relationship Solutions to deliver 3 webinar dates focusing on *The differences between domestic abuse and parental conflict* across March and April.

The training is free of charge, and open to all professionals working with families in Cambridgeshire and Peterborough.

CAMBRIDGESHIRE AND PETERBOROUGH REDUCING PARENTAL CONFLICT PRESENTS

THE DIFFERENCES BETWEEN DOMESTIC ABUSE AND PARENTAL CONFLICT

Join us at one of our upcoming webinars designed for professionals in Cambridgeshire and Peterborough to learn more from the experts at Amity.

You may find yourself supporting a family and wondering whether the behaviours you are seeing indicate domestic abuse or parental conflict. The two are very different (although can look similar), and it is important that professionals working with families are able to identify which is happening, and know how to respond with the appropriate advice and support.



Presented by Emily Nickson-Williams, Amity



SCAN ME

Wed 13 Mar 2024

9:30 AM - 11:00 AM

Tue 19 Mar 2024

1:30 PM - 3:00 PM

Thu 18 Apr 2024

9:30 AM - 11:00 AM

Book now

<https://qrco.de/bemjLT>



Provided by 'Cambridgeshire & Peterborough Family Hubs' and 'Cambridgeshire & Peterborough Domestic Abuse & Sexual Violence Partnership'

Fatherhood Institute Training



Final dates left:

The Dad Factor – Engaging Fathers in Education Settings

- Friday 8th March 2024, 9:30pm – 12pm

Engaging Fathers who are Resistant to Services

- Monday 11th March 2024, 10am - 12:30pm
 - Tuesday 12th March 2024, 10am - 12:30pm
 - Thursday 14th March 2024, 12.30 – 3pm
- For further information and to book on any of the below courses, please email rpctraining@cambridgeshire.gov.uk

Practitioner Training (Theory and skills)

Do you want to develop your skills and confidence in identifying and responding to parental conflict?

Reducing Parental Conflict Module 1: Understanding parental conflict and its impact on child outcomes

Reducing Parental Conflict Module 2: Recognising and supporting parents in parental conflict

Reducing Parental Conflict Module 3: Working with parents in conflict

Reducing Parental Conflict Bitesize

Following completion of Modules 1-3 of the Reducing Parental Conflict e-learning, this 1½ hour trainer-led session aims to give practitioners the opportunity to reflect on and discuss further the e-learning

Reducing Parental Conflict Module 4: Digital Resources (oneplusone)

You will be trained in the use of three digital resources designed to reduce parental conflict

Please book via

Our Development (CCC)

Form By me Learning (PCC)

RPCTraining@cambridgeshire.gov.uk (Partners)