

## Further information

You will find further information and organisations that can help and support you on our web pages:

 [bcpcouncil.gov.uk/healthyrelationships](https://bcpcouncil.gov.uk/healthyrelationships)

 [relationshipsmatter@bcpcouncil.gov.uk](mailto:relationshipsmatter@bcpcouncil.gov.uk)

If you would like to talk to someone about further support and information please contact our friendly Family Information Service who can provide you with information and advice specific to your needs:

 [familyinformation@bcpcouncil.gov.uk](mailto:familyinformation@bcpcouncil.gov.uk)

 **01202 093131**

If you feel scared or controlled in your relationship please telephone the National Domestic Abuse Helpline on:

 **0808 2000 247**



**Parents  
and carers**

## Healthy relationships: getting on better

Information, advice and support for all parents and carers on how to maintain healthy relationships, whether this is as a couple, co-parenting, separated or in the process of separating.



**BCP Council Family Hubs**



**BCPCouncilFamilyHubs**



**[bcpcouncil.gov.uk/familyhubs](https://bcpcouncil.gov.uk/familyhubs)**

**BCP**  
Council



**Happy homes, happy  
children, happy lives**



**Family Hub**

# Online relationship support for parents



Parents in this area 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.



FOR ALL PARENTS

## 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.



FOR NEW PARENTS

## 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.



FOR SEPARATING PARENTS

## Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to communicate better to minimise the impact this can have 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.

Find out further information about the healthy relationships programme offered by BCP Council Family Hubs:  
[www.bpcouncil.gov.uk/healthyrelationships](http://www.bpcouncil.gov.uk/healthyrelationships)  
e [relationshipsmatter@bpcouncil.gov.uk](mailto:relationshipsmatter@bpcouncil.gov.uk)



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](http://www.oneplusone.org.uk/parents)

# Relationships support

You may experience stresses and ups and downs within your daily family life for many reasons.

It may be hard to talk to your partner, or ex-partner about things such as, parenting your children, spending money, chores around the home, who sees the children and when, or other issues.

All of this can cause your family life to become unhappy.

Don't feel alone, there is help and support available for you:

-  find that spark again
-  separate well, for your children
-  communicate better
-  find solutions
-  negotiate together
-  get on better
-  feel calmer
-  share your stress.



Scan the QR for more information