




Reducing Parental Conflict

Free digital resources available for parents. Includes practitioner guides to show you how to introduce these to parents.

As part of Suffolk's Reducing Parental Conflict strategy, we have secured 500 licences for any Suffolk parent, (open or not open to CYP services) to access free digital resources provided by OnePlusOne.

They are designed to help parents reflect on conflict in their relationship with current or ex-partners, as well as the impact on their children. The resources use videos and animations that incorporate evidence-based techniques to promote behaviour change and help parents to argue in ways that are helpful rather than harmful.

<p>Title of digital resource</p>	 <p>Me, You, and Baby Too</p>	 <p>Arguing better</p>	 <p>Getting it right for children</p>
<p>Audience</p>	<p>New and expectant parents</p>	<p>Parents experiencing high levels of stress and couple conflict</p>	<p>Separated or separating parents experiencing high levels of conflict.</p>
<p>Objectives for Parents</p>	<ul style="list-style-type: none"> • To help new and expectant parents adapt to the changes that parenthood can have on their relationship. • To raise awareness of the impact of stress and conflict on their baby. • To support parents to develop skills to manage conflict constructively. 	<ul style="list-style-type: none"> • To raise awareness of parental conflict and its impact on children. • To increase parents' capacity to cope with stress together. • To support parents to develop skills to manage their conflict more constructively. 	<ul style="list-style-type: none"> • To raise parents' awareness and understanding of how they are putting their child in the middle of their conflict. • To help parents to develop positive communication skills. • To support parents to co-operate and work out solutions together.

To access these resources, you will need to create an account:

For **Parents**: Select Central England from the map on the landing page, then choose Suffolk and then complete the simple registration page.

For **Practitioners**: Complete the simple registration page.

There is promotional material available (under extra material tab) on the website that is free to be used widely to help promote these to parents you work with.

Further information around **The Reducing Parental Conflict Toolkit**