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YSGOL GYNRADD AMEITHRIN STRYD SIORS

Wainfelin Road, Pontypool, Torfaen NP4 6BX

5th December 2025

Digital Resources to Support Families – Reducing Parental Conflict

We have been asked to circulate the following information from Family Services:

What's Available

- **Me, You and Baby Too**
An online course for new and expectant parents to prepare for the transition to parenthood and reduce stress on their baby.
- **Arguing Better**
Helps parents understand the impact of conflict on children and develop skills to manage disagreements more positively.
- **Getting It Right for Children**
Supports separating parents to minimise the impact of separation on children and improve co-parenting communication.
- **Additional Resources**
 - *Getting on Better Cards* – Practical tips for improving communication.
 - *Separating Better App* – Free app for parents with emotional support, parenting plans, and co-parenting guidance.
 - *See It Differently* – Free videos showing the impact of arguments on children and offering alternative approaches.

Me, You and Baby Too

A free online course for new and expecting parents

Are you new or expectant parents living in Torfaen?

Becoming parents can be wonderful and can also change your relationship with your partner. Tiredness and stress associated with being a new parent can lead to you and your partner misunderstanding each other. The [Me, You and Baby Too](#) course will help you and your partner to support each other and your new baby through this new chapter in your lives.

You will learn about:

- ✓ what babies pick up from you, even before they are born;
- ✓ why stress should be a shared burden;
- ✓ how you and your partner can best support each other;
- ✓ how to talk to bring up difficult topics;
- ✓ how arguments start, and how to stop them.

To access this course, you will need to create a free account to begin your learning. To do this you will need to scan the QR Code or follow this link.

[skills.oneplusone.org.uk/
users/checkout/auth](https://skills.oneplusone.org.uk/users/checkout/auth)

The course can be completed in your own time and at your own pace. You can do it all in one go or come back to it later.

We recommend doing this when you have time and space to reflect. The course will take approximately 40 minutes to complete.



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Arguing Better

A free online course to help parents manage conflict constructively and reduce the impact it has on children

Are you a parent or parents living in Torfaen?

Knowing how to argue or communicate in a constructive way can make all the difference to your family relationships. Managing conflict with your partner will help you both as well as your child/children. The **Arguing Better** course will give you the skills to cope with stressful situations together.

You will learn about:

- ✓ where stress comes from and how it can affect you;
- ✓ the impact of stress on your family and relationship;
- ✓ how to support each other during stressful times.

To access this course, you will need to create a free account to begin your learning. To do this you will need to scan the QR Code or follow this link.

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Getting it Right for Children

A free online course for separating parents to minimise the impact of separation on children

Are you parents living in Torfaen?

When parents are separating or separated, it's easy for children to get caught in the middle of disagreements. The **Getting it Right for Children** course will help parents to develop positive communication skills, so that you can parent co-operatively and work out solutions together.

You will learn about:

- ✓ 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;
- ✓ how having a constructive relationship will benefit both you and your child.

To access this course, you will need to create a free account to begin your learning. To do this you will need to scan the QR Code or follow this link.

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Every Child Matters, Every Day Counts