

An online parent
group course for
separated parents
to help manage
conflict and
minimise 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.

Getting it right for children Group Course

How do I access a group?

Groups take place in just two 90 min sessions (over two consecutive weeks) on Microsoft Teams. You will need access to Wi-Fi, a smart phone, laptop, or tablet. And its free!

Who is it for?

- Anyone with a parenting role for a child or young person
- Adoptive Parents
- Foster Parents
- Guardians/family members with parenting role

NOTE: If both parents wish to take part, they will be invited to attend separate groups.

How do I book on to the next group?

For more information about future **Getting it right for children** group dates or to book on contact: The Family Information Service.

Email: Familyinfo@gloucestershire.gov.uk