

Getting it Right for Children

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

FREE
online
course

When parents are separating or separated, it's easy for children to get caught in the middle of disagreements. Getting it Right for Children is an online course to complete in your own time, designed to help you parent co-operatively. It helps 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.

Having a constructive relationship will benefit both you and your child.

To access this online course, you will need a smart device, such as a Mobile Phone, Tablet or Laptop and an internet connection. There is no charge to you to access the course; you will be asked to create a free account if you follow the link below.

If you live in Cardiff, please follow this link: <http://cardiff.opo.org.uk/>

If you live in the Vale, please follow this link: <http://vog.opo.org.uk/>

- The course is online and you can go through it 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 and practice the skills. Aim to watch one family scenario at a time and practice the skills over four weeks.
- This is for separating or separated parents living in Cardiff and the Vale experiencing parental conflict.



Llywodraeth Cymru
Welsh Government



Gwasanaeth Rhianta Bro
Vale Parenting Service
Cethnogi teuluoedd i gyflawni mwy
Supporting families to achieve more

