

January is quickly becoming known in the media as “divorce month” due to the increase in enquiries about divorce and separation.

We know that unhealthy parental conflict has a negative impact on children, so I am writing to remind you of the following support for Somerset parents to help them reduce unhealthy conflict:

1. Information about all courses and organisations that support parents, either together or apart, struggling with conflict can be found at: [https://www.cypsomersethealth.org/managing\\_relationship\\_conflict](https://www.cypsomersethealth.org/managing_relationship_conflict)
1. **Oneplusone** online courses which are **excellent** and free for any Somerset parent (<https://www.oneplusone.org.uk/parents>):

Course	Target audience	Content
Me, You and Baby Too	For new and expectant parents struggling with conflict	<ul style="list-style-type: none"> <li>• Changes for me and us</li> <li>• Coping with stress</li> <li>• Conflict and communication</li> </ul>
Arguing Better	Parents experiencing high levels of stress and couple conflict	<ul style="list-style-type: none"> <li>• Understanding stress</li> <li>• Coping with stress together</li> <li>• Arguing better</li> </ul>
Getting it right for children	Separating or separated parents experiencing high levels of conflict	<ul style="list-style-type: none"> <li>• Stay calm</li> <li>• See it differently</li> <li>• Speak for myself</li> <li>• Negotiate</li> <li>• Work it out</li> </ul>

FREE access for any Somerset parent	<a href="https://www.oneplusone.org.uk/parents">https://www.oneplusone.org.uk/parents</a>
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1. **FREE** [CoParenting Every Day \(CoPE\) with RELATE](#) which is ONLY available for any parent struggling with unhealthy parental conflict.

**If you are affected by any of these issues and need support, school can offer confidential advice and support.**

**Please approach a member of staff who you feel comfortable speaking to, and they will help to put you in contact with the appropriate staff member.**

