

Reducing parental conflict: OnePlusOne's digital offer

	 Me, You and Baby Too	 Arguing better	 Getting it Right for Children
Audience	<ul style="list-style-type: none"> New and expectant parents – targeted or universal. 	<ul style="list-style-type: none"> Parents experiencing high levels of stress and couple conflict. 	<ul style="list-style-type: none"> Separating or separated parents experiencing high levels of conflict.
Objectives for parents	<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.
Evidence of effectiveness (how we know it works)	<ul style="list-style-type: none"> Two testing phases showed MYBT significantly reduces parental conflict and increases relationship satisfaction. Qualitative interviews with practitioners already using the resources revealed MYBT to be successful in engaging hard to reach parents, particularly young parents and dads. Parents completing the course demonstrate positive behaviour change in conflict and communication skills. 	<ul style="list-style-type: none"> This course is grounded in dyadic coping theory and Couples Coping Enhancement Training (CCET). CCET has been extensively evaluated and shown to be effective in supporting a couple's ability to cope with stress and their overall relationship satisfaction. A case study evaluation of 'Arguing better' shows its usefulness in raising awareness of conflict management and effective communication. 	<ul style="list-style-type: none"> Parents completing 'Getting it Right for Children' reported a significant improvement in their co-parenting and communication skills, including being more likely to stay calm when talking to their ex-partner and significantly more likely to talk to each other about childcare issues. Parents are significantly less likely to allow their children to get caught in the middle of their disagreements.

Workforce training

With 50 years' experience in creating evidence-based resources for practitioners to support the development of healthy relationships, we are proud to be working with local authorities across England and Wales to support their Reducing Parental Conflict (RPC) work.

Parents can now be referred to the three digital interventions described above. They can use them independently, or as part of a blended approach with the support of a practitioner encouraging reflection and supportive conversations.

Our workforce training equips practitioners with the skills, confidence, and tools required to support parents through many of life's challenges – the transition to parenthood (Me, You and Baby Too), arguing (Arguing Better) and separation (Getting it Right for Children).

Our training package will take practitioners through the evidence base behind each intervention and demonstrate how they can be used to achieve positive outcomes for families. Digital practitioner guides are provided to accompany each intervention, supporting the sustainability of training and continued use of the interventions.

By the end of the training, practitioners will be able to:

- 1 Raise parents' awareness of the issue of parental conflict.
- 2 Use digital resources to help parents recognise conflict and destructive behaviour patterns.
- 3 Enable parents to develop positive communication skills and helpful conflict behaviours.

Local impact reports

Our training and intervention package also includes a bespoke impact and engagement report to provide information about who is using the interventions and how they are using them.

This will allow local authorities to see how the interventions are working for local families and to help identify when they are most successful.