

# Arguing Better



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

**FREE  
online  
course**

**Knowing how to argue or communicate in a constructive way can make all the difference to your family relationships. Managing your conflict with your partner will help you both and your child. Arguing Better, an online course, gives you the skills to cope with stress 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.
- The best way to talk about problems so that you can find solutions together.

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 that 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 and it will take about 40 minutes to complete.
- This is for parents living in Cardiff and the Vale who want to learn healthy ways to cope with stress.



Llywodraeth Cymru  
Welsh Government



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

