








FREE Resources




Domestic abuse or parental conflict?

-  For Baby's Sake resources [Parental Relationships spectrum tool](#)
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Resources for Couple Parents

-  Online Parenting Courses – 11 modules including “*Understanding your relationships*” [Solihull courses for parents](#)
 -  Action for Children – [Managing Arguments](#)
 -  Relate - [Sounding Board Bot](#)
 -  SeeltDifferently – [5 Co-parenting Videos](#)
 -  Gottman - [Card Deck App](#)
 -  Tavistock Relationships - [Between Us App](#)
 -  [Stronger Relationships Courses](#) – £175 pp
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Resources to support children affected by parental conflict

-  Kooth – [Mental Health Platform](#)
-  Childline – [Healthy Relationships](#)
-  NSPCC – [Anger Management Support](#)

Teenagers

-  Race Equality Foundation - [Parental Conflict Toolkit – Talking to Teenagers](#)
 -  Department of Health & Social Care Campaign Resources - [KS3/KS4 Relationships Lesson Plan Pack](#)
 -  Intercom Trust - [Positive Relationships Guide for Parents of LGBT+ Young People \(p.26+\)](#)
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Voice of the Child – Video Resources

-  DWP.gov.uk - [KS1 Children Talking about their Parents Arguments](#)
-  Channel 4: Secret Life of 4 Year Olds - [Playground Drama](#)

- ☒ RelationKit – [5 Video Scenarios](#)¹
 - ☒ Dudley - [Parents in Conflict](#)
 - ☒ Daniel Siegel - [Hand Brain Model brain science to understand emotions](#)
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¹ *watching her words* and *passing on messages* about a daughter (about 11 years old) and her separated parents. *Meeting your needs, working together* and *saying sorry* show a couple parent arguing in front of their young son and in second video, their baby daughter