

## Relationship support for parents

	Service/Intervention type	Target audience	Service, features and access
Universal Support	<p>Online relationship information, advice and &amp; support</p> <p>Websites and webpages that offer self-help resources, including:</p> <ul style="list-style-type: none"> <li>•self-help articles and blogs</li> <li>•short videos</li> <li>•support helplines</li> <li>•Online courses</li> </ul>	New parents	<p><a href="#">Me, You and Baby Too</a>: an online resource designed to help new and expectant parents adapt to the changes that parenthood can have on their relationship.</p> <p><a href="#">Barnardo's</a>: What is parental conflict and advice and support around causes of conflict</p> <p><a href="#">Family Lives</a>: Articles, videos, live chats, forums, leaflets and courses to support on pregnancy and relationship advice.</p> <p><a href="#">NSPCC</a>: Parenting tips for all stages of your child's life, as well as advice on how to deal with difficult situations</p> <p><a href="#">NHS</a>: Support and advice for maintaining a positive relationship after having a baby.</p>
		All Parents	<p><a href="#">See It Differently</a>: A series of four short videos to help people understand how parental conflict affects children and what they can do to better manage conflict at home.</p> <p><a href="#">Action for Children</a>: Support with parental wellbeing, relationships, and managing money.</p> <p><a href="#">Relate</a>: Blogs, resources, books and self help tools to support healthy relationships</p> <p><a href="#">Click</a>: Evidence based articles and user forum</p> <p><a href="#">Barnardo's</a>: What is parental conflict and advice and support around causes of conflict</p> <p><a href="#">Contact</a> - Contact is the charity working for families with disabled children. Here, they offer support on looking after your relationship from the perspective of the added pressures bringing up a child with additional needs can bring.</p> <p><a href="#">Arguing Better</a>: an online resource designed to help parents manage their stress and communicate with one another in ways that are helpful to their relationship and their children.</p> <p><a href="#">Between Us</a>: is an app designed to help you have a better relationship with your partner now or in the future. It provides a range of exercises, tips, videos and information</p> <p><a href="#">Small Things Often</a>: Small Things Often is a podcast from the Gottman Institute that aims to help us improve our relationships through research-based tips and advice.</p> <p><a href="#">Family Action Family Line</a>: A free telephone line, email, webchat, and text message service uses a network of trained volunteers to support family members over the age of 18 who are finding it difficult to manage family pressures and need some emotional support and guidance to help.</p>
		Parents that are separated	<p><a href="#">Help Guide</a>: Co-parenting and joint custody tips</p> <p><a href="#">Click</a>: Evidence based articles and user forum</p> <p><a href="#">Cafcass</a>: Tools and information to support separation and co-parenting</p> <p><a href="#">Relate</a>: Blogs, resources, books and self help tools to support healthy relationships</p> <p><a href="#">Families Need Fathers</a>: supports dads, mums and grandparents to have personal contact and meaningful relationships with their children following parental separation.</p> <p><a href="#">Gingerbreads Separation Hub</a>: an introduction to separation, to help you understand what first steps you can take after a separation</p> <p><a href="#">Contact</a> - Contact is the charity working for families with disabled children. Here, they offer support on looking after your relationship from the perspective of the added pressures bringing up a child with additional needs can bring.</p>

			<p><a href="#">Getting it right for children</a>: a video-based digital resource designed to help parents to manage separation in ways that will be less harmful to their children. They will learn ways to improve their communication and negotiation skills to work better with their child's other parent.</p> <p><a href="#">Action For Children</a>: Advice on arguments, separation, divorce, co-parenting, child contact</p> <p><a href="#">National Family Mediation</a>: Information on how to find a local Family Mediator and other useful Mediation information</p> <p><a href="#">Family Mediation Voucher Scheme - GOV.UK (www.gov.uk)</a> : A voucher scheme which will provide a contribution of up to £500 towards the mediation costs for eligible cases, supporting people in resolving their family law disputes outside of court, where appropriate</p> <p><a href="#">Separating or Divorce Government Advice</a>: Useful information and helpful government advice</p> <p><a href="#">Dad Info</a>: Managing conflict without destroying your relationship</p> <p><a href="#">Single Parent Action Network</a>: Practical advice on all aspects of parenting and relationships</p> <p><a href="#">Wiki How</a>: Information and techniques on how to cope with separation</p> <p><a href="#">A Fathers Friend</a>: Information and support for fathers going through the court process</p> <p><a href="#">Kinship</a>: Information for all carers including grandparents, siblings and extended family members</p> <p><a href="#">Separating Better App</a>: A mobile app, which can help guide you through the separation process, find effective ways of co-parenting, and sort out disagreements</p>
Targeted Support	Group intervention	Parents that are separated	<p><a href="#">Parents Plus Parenting when Separated</a>: a group intervention delivered over 6 Sessions by two facilitators to 6 to 12 parents. Covering individual parent coping and self-care, parenting skills and relationship with children and co-parental relationship with other parent.</p>
			<p><a href="#">Stronger Relationships</a>: a 6 week online programme for co-parents who are living together or apart, with extended family or in blended families. The programme includes online expert-led group discussions scheduled at times to suit families' needs together with online learning which can be accessed at any time.</p>
			<p><a href="#">Parenting Children with SEN When Separated</a>: A 6-session online programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child.</p>
		Parents in a relationship	<p><a href="#">Within My Reach</a>: An 8-session online programme designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child.</p>

To find out more and to access all the above resources please visit: [www.hertfordshire.gov.uk/relationshipsupport](http://www.hertfordshire.gov.uk/relationshipsupport)