

Education Inclusion Family Advisor County Wide Online Workshops

The Education Inclusion Family Advisor team offers a range of countywide online workshops. We welcome any parent/carer with a child/ren in primary schools.

Arguing Better- Session 1 Tuesday 30th January 2024 (12:00 -13:30)

Session 2 Tuesday 13th February 2024 (12:00 -13:30) (Parents need to attend both sessions)

What is 'Arguing better'?

Arguing better is an online workshop designed to help parents manage their stress and communicate with one another in ways that are helpful to their relationship and their children.

'Arguing better' aims to:

- Raise awareness of impact of stress on relationships and parental conflict on children.
- Increase parents' capacity to cope with stress.
- Support parents to develop positive communication strategies to deal with conflict.

The workshop combines evidence-based information, activities, animations, and video clips specifically designed for this audience. Arguing better works best when both parents do it together. It is divided into three sections, delivered over 2 sessions, so it is essential that both sessions are attended.

1. Understanding stress

This section helps parents understand **how** stress affects them and their relationship. It helps parents to identify **sources of stress**.

2. Coping with stress together

This section helps parents to learn **ways of coping** with stress together and supporting each other.

3. Arguing better

Arguments can be constructive (helpful) or destructive (harmful). This section helps parents think about how their arguments start, and how they get out of hand. Most importantly, it will give them the skills to resolve arguments in more constructive ways.

To book a place on the workshops, please use the link or the QR code <https://forms.office.com/e/4tCXXqv3PC>

