**One Plus One – Digital Resources for Parents in Conflict**

**Request Form**

**Please tick which tools you are requesting:**

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| --- | --- |
| **Me, You And Baby Too** - ‘Me, You and Baby Too’ helps new and expectant parents prepare for changes in their own relationship, giving them the skills to communicate better and support each other at this important time in their lives |  |
| **Arguing Better -** Arguing better is for parents who are still in a relationship with their child’s other parent and who engage in destructive conflict with their partner. |  |
| **Getting It Right For Children** – Getting it Right for Children is for parents who are separated or in the process of separating from their child’s other parent and who are finding it difficult to communicate with one another. |  |

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| **Referrer** |  | **Date** |  |
| **Contact No** |  | **Organisation/Team** |  |
| **E-mail Address** |  | **Are you the family’s Lead Professional?** |  |

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|  |
| **Name** | **Address**  | **DOB/Expected DOB** | **Gender** | **ICS/EHAT/****EHAT No** |
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To access the digital resources parents will need to register individually via the link <https://www.oneplusone.org.uk/parents>

Parents/Carers can then click on the link for St Helens and create their account. Please note that we have practitioners guides for each of the programmes to support you in guiding parents through the programmes.

Once registered parents will be able to access the digital programme suggested to them. Please complete the form with the family details and send back to reducingparentalconflict@sthelens.gov.uk for data purposes. We will need consent from parents/carers to process their data.