Links for parents

Race Equality Foundation comprehensive information about what is conflict and how to address it.

[Parental conflict toolkit (raceequalityfoundation.org.uk)](https://raceequalityfoundation.org.uk/parentalconflict/)

[Home - For Baby's Sake (forbabyssake.org.uk)](https://www.forbabyssake.org.uk/) for new parents.

[Parental conflict: the impact on children and how local authorities can help on Vimeo](https://vimeo.com/216676343)

[Listening to your child's voice after separation - Cafcass - Children and Family Court Advisory and Support Service](https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/childs-voice-separation/)

[Parenting Plan - Cafcass - Children and Family Court Advisory and Support Service](https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-together/parenting-plan/)

[What is Decisional Balance? - The Heart's Way (theheartswayforcreativeclinicians.com)](https://theheartswayforcreativeclinicians.com/what-is-decisional-balance/)

[DAD.info | Free expert advice and support for Fathers](https://www.dad.info/) and free separated parents co-parenting programme for mums and dads.

Dr Gottman what makes marriage work [Making Marriage Work | Dr. John Gottman - YouTube](https://www.youtube.com/watch?v=AKTyPgwfPgg)

Dr Gottman video, four destructive behaviours that can destroy relationships [Four Horsemen of the Apocalypse | The Gottman Institute: Relationship Behaviors that Lead to Failure - YouTube](https://www.youtube.com/watch?v=1o30Ps-_8is)

and how to avoid them

[The Easiest Way to Improve Your Relationship | The Gottman Institute - YouTube](https://www.youtube.com/watch?v=ib7Ain2aVR0)

Co-Parenting Apps to help separated parents communicate effectively about their children

[Co-Parenting Apps Which One To Choose | Divorce Cheshire (separ8.co.uk)](https://separ8.co.uk/tips-advice/co-parenting-apps-which-one-to-choose/)

[Resources for parents and carers - Cafcass - Children and Family Court Advisory and Support Service](https://www.cafcass.gov.uk/grown-ups/parents-and-carers/resources-parents-carers/)

Children and Family Court Advisory and Support Service, on-line information for parents and carers

Family Lives.org Information and advice [Relationship problems | Family Lives](https://www.familylives.org.uk/advice/your-family/relationship-advice/relationship-problems?referer=/browse/50748/relationships,when-your-relationship-isnt-working)