



Arguing Better

This course is all about finding helpful ways to communicate during stressful times.

You will learn as a parent why arguments happen, how it can affect you and your partner, and the best ways you can support each other.

The course is split into three sections:

- **Understanding stress.**
- **Coping with stress together.**
- **Arguing better.**

This course is particularly useful for you if you are dealing with a lot of stress or arguing more than you'd like to.