



Do you know parents who are in conflict?

# You can help parents by:

## Talking to them about their relationships.

Make sure they are aware that conflict can impact on their children and that there is help available. There is a toolkit and training to help you with these conversations at:

[www.hertfordshire.gov.uk/betterrelationships](http://www.hertfordshire.gov.uk/betterrelationships)

## Signposting them to self-help.

This Hertfordshire webpage has information for parents about relationships, and where to go for local and online help:

[www.hertfordshire.gov.uk/parentrelationships](http://www.hertfordshire.gov.uk/parentrelationships)

## Referring them to specialist support if they need it.

Any professional or volunteer working with a family in Hertfordshire can refer parents to the *Parenting Together programme*. This provides free evidence-based parental conflict support to parents, whether they are together or separated.

To find out more, go to:

[www.parentingtogethersupportprogramme.org.uk](http://www.parentingtogethersupportprogramme.org.uk)

