



An online course to help parents communicate better with each other

# Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

**Arguing better** is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

## You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- **Arguing better** is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

- Mae'r cwsrs yn un ar-lein felly gallwrch fynd ymddrin â strain a gwrteddaro.
- Mae Dadlau'n Well wedi'i gyfullu'n ar gyfer rhieni sydd eisiau dysgu ffyrd iach o drwydod ari ech cyffymder ech hwn.
- Gallwrch wneud y cyfran mewun un tro neu gadw yr hyd rydych wedi'i wneud a dod yn ol ato yn nes ym Mae'r cwsrs yn un ar-lein felly gallwrch fynd ymddrin â strain a gwrteddaro.
- Bydd y cwsrs yn cyrryd tua 40 munud i'w gwblhau, felly mae'n well rhoi digon o amser a lle i'ch hun i fyfyrto.

Cofrestrwch yn y cyfeiriad hwn  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
neu sganioch y cod QR



Mae anghytuno yn rhian arfeyol i ddefnyddio'r cwsrs, bydd angen ffôn cyfar, llechen, neu gyfrifiau, a chysylltiad rhyngwyl d a amroch chi. Mae'n RHAD AC AM DDIM i'w ddefnyddio, felly dim ond creu cyfrif gydag enw defnyddiwr a chyfriniai'r bydd angen i chi ei wneud.

- Mae'r cwsrs yn dylunio ar gyfer arnoch chi.
- Ffyrd o andabod strain a siarad amdano.
- Drwy gyfnodeu a nodd.
- Sut i gefnogi ein gilydd a sut i'w hatol.
- O ble mae strain yn dod a sut mae'n gallu effeithio arnoch chi.

Byddwch yn dysgu:

Mae anghytuno yn rhian arfeyol o fywyd, ac mae'r rhian fywaf giliyd. Gall y ffodd yr ydych yn o gyplau yn dadlau o bryd i'w gwhaniadeth mawr i chi, ech ymddrin âr sgrysiau hyn wneud i reoli sgrysiau a nodd, osgoi teulu cyfran yw Dadlau'n Well. Mae'r cwsrs ar-lein am ddimm i'ch helpu partner, a'ch plantri.



Cwsrs ar-lein  
i helpu rhieni  
i gyfarthrebu  
â'i gilydd  
yn well

## Dndlau'n Well