

## Useful Information following the course

Below are organisations mentioned during your SPIP course where you can find out more information and support

- **Click relationships website**, parenting apart section - <https://click.clickrelationships.org/home/parenting-apart/>
- **Cafcass 'Parenting Together'** has lots of information about co-parenting for separated parents - <https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-together/>
- **Resolution Parenting Through Separation Booklet** <https://resolution.org.uk/wp-content/uploads/2021/05/Parenting-through-separation-guide.pdf>
- **See it differently**, videos show how children see their parents arguments - [www.seeitdifferently.org](http://www.seeitdifferently.org)
- **Anna Freud Centre for Children and Families** has further information on the impact of conflict on children, including helpful videos which enhances the information you were given in Module 2 <https://www.annafreud.org/parents-and-carers/in-conflict/>

### The following YouTube video's link to the Module 3

- How we lose control of our emotions and why we 'Flip our lids' 'Daniel Siegal Hand Brain Model' - <https://www.youtube.com/watch?v=qFTIjLo1bK8>
- This Video is an example of selective attention – when we focus on looking for one outcome we often don't see the other elements in the conversation - "The Monkey Business Illusion" - [https://www.youtube.com/watch?v=IGQmdoK\\_ZfY](https://www.youtube.com/watch?v=IGQmdoK_ZfY)
- **This YouTube video links to Module 4** and the discusses the importance of looking after yourself <https://youtu.be/q5viyKoCikI>

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