



## Useful Information following Planning Together For Children course

Below are organisations where you can find out more information and support

- Click relationships website, parenting apart section - <https://click.clickrelationships.org/home/parenting-apart/>
- OnePlusOne , provides information and skills to form, maintain, and strengthen relationships with the people in their lives. [OnePlusOne – homepage](#)
- How a Parenting Plan can help [How a Parenting Plan can help | Cafcass](#)
- Taking me seriously – How Cafcass helps children and young people involved in the family court. [Taking me seriously - letting you know how we help \(youtube.com\)](#)
- Resolution Parenting Through Separation Booklet [Parenting through separation: putting your children first | Resolution](#)
- National Association of Child Contact Centres provides information about child contact centres for parents and children. [Child Contact Centres - NACCC](#)
- See it differently, videos show how children see their parents arguments – [See it differently](#)
- 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 section 1. [Parents and carers in conflict or separating | Anna Freud](#)

The following YouTube video's link to topics in the e-learning

- “Why we flip our lids” and how we lose control of our emotions ‘Daniel Siegal Hand Brain Model’ - [www.youtube.com/watch?v=qFTljLo1bK8](http://www.youtube.com/watch?v=qFTljLo1bK8)
- The teenage and adolescent brains Daniel discusses the changes and remodelling of the brain within the adolescent period. He asserts that people need to learn about these changes to support and meet adolescents with empathy and compassion. [Daniel Siegel - The Teenage Brain - YouTube](#)  
[Unlocking the Adolescent Mind: Insights from Dr. Siegel \(youtube.com\)](#)
- 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 discusses the importance of looking after yourself <https://youtu.be/q5viyKoCikI>
- What about Aruna? During a separation/divorce, as parents we have to consider the wellbeing of our child(ren). Their world will be turning upside down. What about Aruna? is a videos that will help you support your children through this difficult time. [What About Aruna? - OnlyMums](#) [What About Aruna? - OnlyDads](#)

