

This is appendix D to the EIF report *Reducing parental conflict in the context of Covid-19: Adapting to virtual and digital provision of support*, published in August 2020.¹⁰

These appendices should not be read without referring to the main report for background and a summary of findings.

Appendix D: Self-help and other resources to support interparental relationships

In addition to providing virtual and digital interventions to address parental conflict and improve outcomes for children, local authorities may also choose to signpost couples and parents to more generic self-help resources, which are offered by several relationship support organisations. These may include but are not limited to relationship support helplines, print media (such as books and magazines), websites, online hubs and interactive tools.

To compile a list of relevant self-help resources, we included a question within our online survey of local authorities (see appendix A) asking about what additional support, if any, parents were being signposted to. We also searched through five previous EIF reports¹¹ on the topic of interparental relationships, to see if we had previously come across any virtual and digital self-help support. In total, we identified 13 available resources for couples in distress, four for separating parents, two for new parents, and one for parents with disabled children.

Details of the resources identified are included below, but please bear in mind that this is not a comprehensive list of all the resources available to support interparental relationships.

Due to time and resource constraints, we did not examine the evidence underpinning these materials and therefore cannot comment on their strength of evidence.

10 See: <https://www.eif.org.uk/report/reducing-parental-conflict-in-the-context-of-covid-19-adapting-to-virtual-and-digital-provision-of-support>

11 Acquah, D., Sellers, R., Stock, L., & Harold, G. (2017). [Inter-parental conflict and outcomes for children in the contexts of poverty and economic pressure](#). London: Early Intervention Foundation; Callanan, M., Hudson, R., Husain, F., & Roberts E. (2017). [Exploring Parental Relationship Support: A Qualitative study](#). London: Early Intervention Foundation; Doubell, L., Stock, L., & Acquah, D. (2017). [Interparental relationship support services available in the UK: Rapid review of evidence](#). London: Early Intervention Foundation; Harold, G., Acquah, D., Sellers, R., & Chowdry, H. (2016). [What works to enhance inter-parental relationships and improve outcomes for children](#). London: Early Intervention Foundation; Martin, J., McBride, T., Masterman, T., Pote, I., Mokhtar N., Oprea, E., Sorgenfrei, M. (2020). [Covid-19 and Early Intervention: Evidence, challenges and risks relating to virtual and digital delivery](#). London: Early Intervention Foundation.

Resources for couples in distress

Resource	Contact details	Description
Family Lives		
Online Chat	https://www.familylives.org.uk/how-we-can-help/online-chat/ Open 1:30pm–5:30pm Monday to Friday	This online chat exists to support individuals with any family or parenting issue they may be experiencing.
Helpline	https://www.familylives.org.uk/how-we-can-help/confidential-helpline/ Tel: 0808 800 2222 Open 9am–9pm Monday to Friday & 10am–3pm Saturday and Sunday	Family Lives offers a free and confidential helpline for families in England and Wales. The helpline exists to provide emotional support, information, advice and guidance on any aspect of parenting and family life.
Marriage Care		
Marriage Care Helpline	https://www.marriagecare.org.uk/how-we-help/ Helpline: 0845 660 6000 Open 9am–9pm Monday to Friday & 10am–3pm Saturday and Sunday	Marriage Care offer a helpline for those in crisis, through their partner Family Lives. The helpline is used to signpost individuals at risk to Marriage Care’s counselling services, and is also used for those that are on the waiting list for a counselling appointment.
OnePlusOne		
Click Relationships	https://click.clickrelationships.org/home/all-issues/	This relationship support website provides users with expert articles, a forum for the Click community to share questions and stories, a series of interactive activities, and an opportunity to receive private support from a Click listener.
Click Listening Room	https://clickrelationships.org/listening-room/	The Listening Room is a private, anonymous and online chat room where users can talk to a Click listener about their relationship. The chat room is designed to empower users to resolve their own relationship problems, through the support and questions posed by a Click listener.
See It Differently Campaign	https://www.seeitdifferently.org/	This website provides a series of short videos that seek to help viewers understand new ways of managing conflict in order to change how things play out in the household. Each video demonstrates typical parental conflict situations where children have been ‘put in the middle’, and provides the viewer with advice on how to resolve the situation, so that children can lead healthier and happier lives.
Coping with Stress and Alcohol	https://parents-and-drinking.clickrelationships.org/	This website provides support to couples who want to drink less alcohol and get on better with each other. It is built around a free course called ‘Coping with stress’, which teaches parents about the negative impact of stress, what can be done to best manage stress, and why alcohol is not the best coping strategy.
Relate		
Live Chat	https://www.relate.org.uk/relationship-help/talk-someone/live-chat-counsellor	Relate’s Live Chat is a service that allows users to talk to a trained counsellor, online and in real time, about any relationship issue they may be experiencing – whether the issue is with a romantic partner, family member, friend or colleague. Each Live Chat session lasts for 45 minutes and costs £40, payable prior to each session. Opening hours are variable as they depend on the availability of the counsellors.

Webcam Counselling	https://www.relate.org.uk/relationship-help/talk-someone/webcam-counselling Booking line: 0300 0030396 Open 8am–8pm Monday to Thursday, 8am–6pm on Friday & 9am–1pm on Saturday	Webcam Counselling is similar to face-to-face counselling, except that users talk to a trained counsellor through the comfort of their own homes using a secure video link with Zoom. Sessions can be conducted alone or with a partner, even if partners are in separate locations. The cost of counselling will vary based on individual circumstances, and can be discussed by ringing the booking line, via which counselling sessions are scheduled.
Telephone Counselling	https://www.relate.org.uk/relationship-help/talk-someone/telephone-counselling Booking line: 0300 0030396 Open 8am–8pm Monday to Thursday, 8am–6pm on Friday & 9am–1pm on Saturday	Telephone Counselling is similar to face-to-face counselling, except that users talk to a trained counsellor over the phone. The cost of counselling will vary based on individual circumstances, and can be discussed by ringing the booking line, via which counselling sessions are scheduled.
Message a Counsellor	https://www.relate.org.uk/relationship-help/talk-someone/message-counsellor	Message a Counsellor is an easy, flexible and confidential way to get expert support from a trained counsellor. Once a message has been sent, counsellors aim to respond within five working days. Each message from a counsellor costs £45.
Relationship Help Website	https://www.relate.org.uk/relationship-help	This webpage offers a range of online resources and support to help individuals with their relationships.
The Spark		
The Relationship Helpline	https://www.thespark.org.uk/counselling-relationship-support/free-relationship-support-and-counselling/ Tel: 0808 800 2222 Open 9am–9pm Monday to Friday & 10am–3pm Saturday and Sunday	The Spark offers a free and confidential Relationship Helpline service, which is supported by the Scottish government to help individuals struggling with relationship problems. The Helpline seeks to provide immediate emotional support to adults over the age of 16, as well as a pathway into free counselling. The Helpline and free counselling services are only available to callers permanently resident in Scotland.

Resources for separating parents

Resource	Contact details	Description
Families Need Fathers		
Helpline	https://fnf.org.uk/help-and-support-2/helpline Tel: 0300 0300 363 Open 9am–10pm Monday to Friday & 10am–3pm Saturday and Sunday	The Families Need Fathers helpline has been designed for individuals who are separating or divorcing, and are worried about how this may impact on them and their children. The helpline is available to anyone (not just fathers) and more specialised support is available on weekdays between 6–10pm.
Gingerbread		
Separation Hub	https://www.gingerbread.org.uk/information/separating/	Gingerbread's online Separation Hub has been designed to provide resources to parents that have recently separated. The Hub is organised by topics, covering support for the child, communication with the child's other parent, legal issues, and safety, to list just a few.

Single Parent Helpline

<https://www.gingerbread.org.uk/what-we-do/contact-us/helpline/>
Tel: 0808 802 092
Open 10am–6pm on Monday,
10am–4pm on Tuesday, Thursday
and Friday, and 10am–1pm/5pm–
7pm on Wednesday

Gingerbread's Single Parent Helpline is a free and confidential helpline, which provides support and expert advice on any practical issues that single parents may be facing such as sorting out child maintenance, benefit or tax credit issues.

OnePlusOne

Short course: "Getting It Right for Children"

<https://click.clickrelationships.org/content/parenting-apart/course-getting-it-right-for-children/>

This website offers a series of online activities and videos to work through, that seeks to help individuals improving the way in which they communicate and negotiate with their co-parent.

Resources for new parents

Resource	Contact details	Description
OnePlusOne		
Me, You and Baby Too	https://click.clickrelationships.org/content/all-issues/me-you-and-baby-too/	This website offers a series of online activities and videos to support new parents through this transition period, help them manage their relationship at this time.
The Spark		
Relationship resource booklet	https://www.thespark.org.uk/wp-content/uploads/2016/04/6112_TheSpark_New_Parents_booklet.pdf	This resource was created in partnership between The Spark, NHS Scotland and the Scottish Government. It aims to provide new parents with tips on how to keep their relationship strong while adjusting to life with a new baby.

Resources for parents with disabled children

Resource	Contact details	Description
OnePlusOne		
Family Life Plus	https://clickrelationships.org/family-life-plus/	This relationship support tool has been developed for parents with disabled children by OnePlusOne in collaboration with Contact. It provides research-based advice on issues such as handling stress, dealing with separation and managing time together as a couple.

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