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[Read about Harry and Lets Stick Together in the Guardian \(27 Jan\)](#)

Relationship tips — Coping with Valentine's Day

- Valentine's Day. OMG. Just when I've survived (and quite enjoyed) Christmas, I notice the next event in the calendar designed to bring out fear and trepidation. How can I produce the goods, meet expectations, be suitably romantic, and avoid disappointment and a long lingering deafening silence?
- Although memories of past failures still haunt me, I've mostly figured out what works. The secret is to discuss it together well beforehand. No this doesn't spoil the spontaneity. It shows care and thoughtfulness. It gets assumptions and expectations out into the open. And it avoids the mixture of relief and resentment that can accompany over-the-top last-minute panic spending.
- What we usually end up agreeing is that (a) we should arrange an evening out, but it doesn't have to be on price-hike evening, (b) a card and a box of chocolates will be lovely, (c) life is good.
- Now I just need to go and have a chat and find out for sure!

Relationship courses — Lets Stick Together

- is our one hour session on relationships for new mums and dads
- is ideal for any ante-natal, post-natal or parents group
- teaches three key principles to which all parents can easily relate
- can be taught by any average parent who can manage a small group
- is now reaching 1 in 3 new mums in Bristol (900 mums/year)

[is easily and cheaply available if you're outside Bristol](#)

BCFT in the media

- There's been a lot of media coverage of BCFT this month. On 20 January, both main political parties launched family policies. Although I see good things in both, I fear the current government have an ideological blind spot about marriage and relationship education which inhibits the chance of ever really getting to grips with family breakdown.
- My offering into the pot was a new briefing paper that explains why this might be the case. You can [download my paper here](#) or you can find it on our website at www.bcft.co.uk. My extraordinary new Census finding, that only 3% of couples who stay together while they bring up children are not married, got lots of attention. Here are some sample articles in the [Times](#), [Mail](#) and [Telegraph](#).
- And finally there's a [full page feature article in the Guardian](#). It's a good read and excellent publicity for Lets Stick Together.

BCFT marriage, relationship & parenting courses

(Click on logo below for course details)



A FREE session for new mums & dads



Need a boost?

The best one day relationship course anywhere!



Parenting?

Principles that work for parents of 0-5s, 5-11s or teens



Engaged or newlywed?

A day with BCFT that may be your best wedding present!



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- Either [apply online](#)
- Or email us at info@bcft.co.uk
- Or call Claire at 0117 924 1480

BCFT is an independent charity that runs over 100 courses a year for couples and parents in Bristol. [Find out here](#) some of the ways you could support us.

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