

	 <b>Me, You and Baby Too</b>	 <b>Arguing better</b>	 <b>Getting it Right for Children</b>
<b>Audience</b>	<ul style="list-style-type: none"> <li>• New and expectant parents – targeted or universal.</li> </ul>	<ul style="list-style-type: none"> <li>• Parents experiencing high levels of stress and couple conflict.</li> </ul>	<ul style="list-style-type: none"> <li>• Separating or separated parents experiencing high levels of conflict.</li> </ul>
<b>Objectives for parents</b>	<ul style="list-style-type: none"> <li>• To help new and expectant parents adapt to the changes that parenthood can have on their relationship.</li> <li>• To raise awareness of the impact of stress and conflict on their baby.</li> <li>• To support parents to develop skills to manage conflict constructively.</li> </ul>	<ul style="list-style-type: none"> <li>• To raise awareness of parental conflict and its impact on children.</li> <li>• To increase parents' capacity to cope with stress together.</li> <li>• To support parents to develop skills to manage their conflict more constructively.</li> </ul>	<ul style="list-style-type: none"> <li>• To raise parents' awareness and understanding of how they are putting their child in the middle of their conflict.</li> <li>• To help parents to develop positive communication skills.</li> <li>• To support parents to co-operate and work out solutions together.</li> </ul>
<b>Evidence of effectiveness (how we know it works)</b>	<ul style="list-style-type: none"> <li>• Two testing phases showed MYBT significantly reduces parental conflict and increases relationship satisfaction.</li> <li>• Qualitative interviews with practitioners already using the resources revealed MYBT to be successful in engaging hard to reach parents, particularly young parents and dads.</li> <li>• Parents completing the course demonstrate positive behaviour change in conflict and communication skills.</li> </ul>	<ul style="list-style-type: none"> <li>• This course is grounded in dyadic coping theory and Couples Coping Enhancement Training (CCET).</li> <li>• CCET has been extensively evaluated and shown to be effective in supporting a couple's ability to cope with stress and their overall relationship satisfaction.</li> <li>• A case study evaluation of Arguing better shows its usefulness in raising awareness of conflict management and effective communication.</li> </ul>	<ul style="list-style-type: none"> <li>• Parents completing GIFRC reported a significant improvement in their co-parenting and communication skills, including being more likely to stay calm when talking to their ex-partner and significantly more likely to talk to each other about childcare issues.</li> <li>• Parents are significantly less likely to allow their children to get caught in the middle of their disagreements.</li> </ul>