

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