

PARENTING PRACTITIONERS

Having constructive, supportive relationships has never been as important as it is right now. You can now access the licence to three parenting interventions to help parents you work with, with the advice and support needed to strengthen relationships in the home and manage their conflict better, and to help separating and separated parents to understand how conflict can affect the child.

| | Me, You and Baby Too | Arguing Better | Getting it Right for Children |
|-------------------------------|--|---|---|
| Audience | New and expectant parents – targeted or universal. | Parents experiencing high levels of stress and couple conflict. | Separating or separated parents experiencing high levels of conflict. |
| Objectives for parents | <p>To help new and expectant parents adapt to the changes that parenthood can have on their relationship.</p> <p>To raise awareness of the impact of stress and conflict on their baby.</p> <p>To support parents to develop skills to manage conflict constructively.</p> | <p>To raise awareness of parental conflict and its impact on children.</p> <p>To increase parents' capacity to cope with stress together.</p> <p>To support parents to develop skills to manage their conflict more constructively.</p> | <p>To help separating and separated parents to stop putting their children in the middle of their conflict.</p> <p>To raise awareness of how and why their child gets put in the middle.</p> <p>To learn and practise the skills that will prevent this.</p> <p>To get beyond impasses and work to solve problems together.</p> |
| Content | <p>Changes for me and us.</p> <p>Coping with stress.</p> <p>Conflict and communication.</p> | <p>Understanding stress.</p> <p>Coping with stress together.</p> <p>Arguing better.</p> | <p>Stay calm.</p> <p>See it differently.</p> <p>Negotiate.</p> <p>Work it out.</p> |
| Where to find it | www.oneplusone.org.uk/practitioner-guides/intro#share | | |

YMARFERWYR RHIANTA

Mae perthnasoedd cefnogol ac adeiladol yn bwysicach nag erioed ar hyn o bryd. Gallwch nawr gael mynediad i'r drwydded ar gyfer tair ymyrraeth rhianta i helpu rhieni rydych chi'n gweithio gyda nhw, gyda'r cyngor a'r cymorth sydd eu hangen i gryfhau perthnasoedd yn y cartref a rheoli eu gwrthdaro'n well, ac i helpu rhieni sy'n gwahanu neu sydd wedi gwahanu i ddeall sut y gall gwrthdaro effeithio ar y plentyn.

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|------------------------------|--|---|--|
| Cynulleidfa | Rhieni newydd a darpar rieni – wedi'u targedu neu gyffredinol. | Rhieni sy'n profi lefelau uchel o straen a gwrthdaro fel cwpl. | Rhieni sy'n gwahanu neu sydd wedi gwahanu sy'n profi lefelau uchel o wrthdaro. |
| Amcanion i rieni | <p>Helpu rhieni newydd a darpar rieni i addasu i'r newidiadau y gall bod yn rhiant eu gwneud i'w perthynas.</p> <p>Codi ymwybyddiaeth o effaith straen a gwrthdaro ar eu babi.</p> <p>Cynorthwyo rhieni i ddatblygu sgiliau i reoli gwrthdaro'n adeiladol.</p> | <p>Codi ymwybyddiaeth o wrthdaro rhwng rhieni a'i effaith ar blant.</p> <p>Cynyddu gallu rhieni i ymdopi â straen gyda'i gilydd.</p> <p>Cynorthwyo rhieni i ddatblygu sgiliau i reoli eu gwrthdaro'n fwy adeiladol.</p> | <p>Helpu rhieni sy'n gwahanu ac sydd wedi gwahanu i roi'r gorau i roi eu plant yng nghanol eu gwrthdaro.</p> <p>Codi ymwybyddiaeth o sut a pham mae eu plentyn yn cael ei roi yn y canol.</p> <p>Dysgu ac ymarfer y sgiliau a fydd yn atal hyn.</p> <p>Mynd y tu hwnt i sefyllfaoedd lle mae'r naill ochr yn gwrthod ildio a gweithio i ddatrys problemau gyda'i gilydd.</p> |
| Cynnwys | <p>Newidiadau i fi a ni.</p> <p>Ymdopi â straen.</p> <p>Gwrthdaro a chyfathrebu.</p> | <p>Deall straen.</p> <p>Ymdopi â straen gyda'ch gilydd.</p> <p>Dadlau'n well.</p> | <p>Pwylllo.</p> <p>Gweld pethau'n wahanol.</p> <p>Negodi.</p> <p>Gweithio pethau allan.</p> |
| Ble i ddod o hyd iddo | www.oneplusone.org.uk/practitioner-guides/intro#share | | |