

Young Children In Divorce & Separation (YCIDS)

The Online Education Program for Separated Parents of Young Children

Being a parent of a baby or toddler is challenging. A bit of worry is just part of the job. But being *separated* parents with a baby or toddler can come with additional worries, complexity, and lots of questions.

YCIDS is here to help. In just 90 minutes, YCIDS provides a wealth of information about:

- early development, and co-parenting a young child between two homes
- sorting out tough emotions and conflict that interfere with parenting
- the right questions to ask, to arrive at a sound overnight parenting plan

Completed online at home, or taken as part of a group or individual service, YCIDS is an inexpensive, quick and effective way to boost knowledge and get on the same page about co-parenting young children after separation. Here's what's in the program...

1. WHAT'S SO BIG ABOUT THE LITTLE YEARS?

- The Early Foundations Of Emotional Life
- Baby Stress And The Role Of Parents

2. BEING GOOD ENOUGH PARENTS WHO LIVE APART

- Good-Enough Parenting, Co-Parenting and Attachment
- Noticing And Responding To Young Children's Feelings

3. YOUNG CHILDREN AND PARENTING PLANS

- Guiding Principles On Parenting Plans For Very Young Children
- Overnight Parenting Plans: A Rough Guide For Infants 0-2 Years, Children 2-3 Years, and Children 4-5 Years
- Moving Between Parents
- Knowing If the Plan Is Working For Your Child

4. CHILDREN NEED A VILLAGE

- Deepening The Ties That Matter
- A Note on Gate-keeping

5. PARENTING BRIDGES: SORTING OUT THE CONFLICT

- Some Facts About Parental Conflict
- Sorting Out the Conflict: Parenting Bridges
- 10 Questions to Consider About Your Parenting Plan

6. LOOKING FORWARD: BEYOND THE LITTLE YEARS

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