

## The Online Education Program for Separated Parents of Young Children

Being a parent of a baby or toddler is a big job. All parents worry about a lot of things. Like, am I parenting the best I could? Is our baby developing the way it should be? A bit of worry is just part of the job. But being separated parents with a baby or toddler can be an even bigger job, that comes with many more worries, complexity, and lots of questions.

YCIDS, created by internationally acclaimed child psychologist, researcher & author in the divorce and family trauma field, **Professor Jennifer McIntosh**, is here to help. In just 90 minutes, YCIDS provides a host of information about early development, and about co-parenting an infant or young child. Whether in intact families or living between two homes, YCIDS targets the important developmental considerations for parents. For separated parents, arriving at an appropriate parenting plan in difficult circumstances can feel confusing.

YCIDS helps parents ask the right questions, and make plans in their particular circumstances, based on sound, evidence based information.

YCIDS gives ideas for sorting out emotions and conflict that might be getting in the way of being the best parent you can be. YCIDS is a quick, effective and inexpensive way to boost knowledge and skills about co-parenting infants and young children after separation.



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YCIDS has been built over many years, and refined in ongoing research trials.

Whether parents are making decisions about post-separation parenting themselves, or with the help of mediators, counsellors, lawyers or others, the 90-minute YCIDS program can help:

- For Parents of Infants & Young Children 0-4 years.
- Parents can complete the course online.
- Practitioners can use YCIDS before or during mediation and counselling, or incorporate YCIDS into group programs.
- Courts can recommend or compel completion of the program.



In 90 minutes YCIDS addresses the Big 5 topics...

### 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 And Co-Parenting
- Noticing And Responding To Young Children's Feelings

### 3. YOUNG CHILDREN AND PARENTING PLANS

- Guiding Principles On Making Parenting Plans For Very Young Children
- Moving Between Parents
- What About Overnights?
- 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
- The 10 YCIDS Questions to Answer About Your Parenting Plan