

New Ways for Families® Training



New Ways for Families® is an exciting new parenting skills course developed in the USA and now being rolled out across the UK for parents who are separating.

It is intended to:

- Reduce the negative impact of conflict on children in family breakup
- Reduce stress levels
- Calm potentially high-conflict separation and avoid taking court action

The course includes 10 online training modules supported by 3 coaching sessions. Parents practice skills learnt on the online course with their coach and integrate them into real life circumstances.

See <https://www.newwaysforfamilies.uk>

Why New Ways for Families®

Shared Parenting Scotland conducted a very successful pilot of this programme in 2022.

We are now making it available across the UK.

Children are at the centre of the New Ways for Families® approach. It's about putting them first, improving co-parenting and making decisions together out of court. When parents make their own decisions they are more likely to follow the agreements and protect their children from the detrimental effects of conflict.

How to use the New Ways for Families®

The online programme is very flexible and can be completed at the pace of the learner. It is supported by one-to-one coaching sessions (on zoom or by phone) at the beginning, middle and end of the course.

Coaching times are flexible too. The coaches are experienced professionals with legal/therapeutic backgrounds. The more the learner puts into the programme the more they get out of it. On completion of the course a certificate is issued to the learner.



Quotes from learners and coaches

"I really wish I did the New Ways for Families course before we got into the court process. However, better late than never. Thanks for your help getting me on this course." **Parent on the New Ways for Families® Scottish Pilot**

"Excellent rationale as to why this New Ways for Families course is being run. It has a good range of material which is presented in a comprehensive way. A nice selection of material in different formats - video clips, role plays, journal and reflective exercises and quizzes". **Coach feedback on the New Ways for Families® Scottish Pilot**



Four Key Skills that the programme focuses on

Managed Emotions

- Controlling anger, sadness, fear, and anxiety so as to not over-react
- Protecting the children from a parent's extreme emotions

Flexible Thinking

- Acknowledging that there is more than one solution to every problem
- Turning complaints into proposals for future behaviour or future agreements

Moderate Behaviours

- Avoiding extreme actions, language, and parenting requests
- Responding to hostile communications so as to avoid escalating the conflict

Checking Yourself

- Reminding yourself to use these skills during times of stress
- Developing empathy, attention and respect

Online Training Modules

UNIT ONE

Coping with stress by managing your emotions

Optional 1st coaching session

UNIT TWO

Solving co-parenting problems through flexible thinking

UNIT THREE

Avoiding over reacting using moderate behaviours

UNIT FOUR

Checking yourself

Optional 2nd coaching session

UNIT FIVE

Extreme behaviours and the effect on your child's brain

UNIT SIX

Raising healthy children by making joint decisions

UNIT SEVEN

Child development goals and milestones

UNIT EIGHT

Parenting skills standards and plans

UNIT NINE

New partners, new families

UNIT TEN

How to avoid becoming a "high conflict" case

Optional 3rd coaching session



EVALUATION RESULTS

The New Ways for Families® (NWFF) programme was evaluated in Scotland in 2022-23 by Dr Jeff Chang of Athabasca University, Canada.

Pre- and post-learning measures showed a significant increase in satisfaction with parenting performance ($p < .05$).

Focus group participants experienced significant improvements in their ability to communicate with their co-parents.

NWFF was evaluated in Medicine Hat, Canada.

Over the first 5 years of the programme, 130 separated couples completed the course and 53% resolved out of court.

54% of learners improved their parenting cooperation in areas such as willingness to accommodate changes in visiting arrangements, to act as a resource to their former spouse in raising the children, and improved day to day decision making about the children.

In 75% of cases parents maintained or improved their joint decision making around major decisions for the children and their overall involvement with the children.

Outcomes for children included less acting out behaviours (40%); less symptoms of stress such as headaches, stomach aches; difficulty sleeping (33%); improved school performance (33%); and more interest in seeing the non-custodial parent (33%).

"If utilised properly, it should remove many high conflict cases from the courtroom"

Provincial Court of Alberta Judge

Orange County California

514 parents did the online NWFF course in 2019-20. 80.3% said that NWFF improved their relationship with their co-parent and 60.7% said that the learning had improved their relationship with their children.



WHAT DOES THE COURSE INVOLVE?

- 10 interactive online modules (approx 10-15 hours at your own pace)
- Optional one-to-one coaching sessions to practice the skills
- Recognised certificate on completion

COURSE COSTS

Online self-learning **£50**

Online course with 2 coaching sessions **£210**

Online course with 3 coaching sessions **£270**

Additional 90 minute coaching session **£70**

- Support your children after separation by reaching agreement on shared parenting
- Learn key life skills transferable to all aspects of your life
- Save money by reducing legal fees and avoiding unnecessary court action



Shared Parenting Scotland is licensed by the High Conflict Institute to use the name New Ways for Families®

More details and sign up for the programme at www.newwaysforfamilies.uk

or contact David Maclean or Claire Ross at learning@newwaysforfamilies.uk

New Ways for Families® programme supported by



Scottish Government
Riaghaltas na h-Alba
gov.scot