

Strengthening the Child-Parent Bond is a 7-8 week programme for children and young people aged 7-11 years.

Sessions are designed for children **and** parents/caregivers where the child has experienced or witnessed domestic abuse **and** are experiencing difficulties with their family and peer relationships.

Strengthening the child-parent/caregiver bond is an attachment-informed, evidence-based programme with main themes of **acceptance, curiosity** and **empathy**. We encourage sensitive **playfulness** and **kindness**.

The programme builds upon key research in attachment, co-regulation and regulation, informed by our specialist knowledge about the effects of domestic abuse on young lives. This evidence-based and trauma-informed approach is non-judgemental, building self-esteem and resilience for children and caregivers in their interpersonal relationships.

Strengthening the Child-Parent Bond Programme

The Ar Trac team takes time to understand the lived experience of the children, their main carer and wider family. Ar Trac workers first build rapport with children, helping them to express their needs and gauge exactly what they want from the Ar Trac programme.

On completion of group work, children should feel a sense of ownership and control over their lives. They should feel safe to express needs and feelings, make choices and feel listened to.

Caregivers should be able to recognise the importance of self-care, build upon their own skills as 'experts' in their own child and use kindness, appropriate playfulness and empathy to recognise and be able to reflect upon and accept their child's behaviour as communication.

→ To refer into the service or make an enquiry in Newport or Blaenau Gwent:

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