

## What is ADAPT?

**ADAPT is a superb and highly innovative one hour relationship programme run by volunteers for new parents in NHS health clinics and other parent-toddler groups.**

The programme teaches three simple but robust principles that are well-grounded in both predictive and outcome research.

- *Bad habits (STOP signs)*
- *Good habits (Love Languages)*
- *Father involvement*

ADAPT is easy to present. Presenters require only a broadly positive experience as a married parent and the basic skills necessary to manage a small group well.

ADAPT is also highly cost effective. The programme has a marginal running cost of just £20 to £40 per session and can therefore be offered either free or very cheaply by the voluntary sector.

## Why ADAPT?

**ADAPT offers parents practical ideas for strengthening the mum-dad relationship at a vulnerable time of early parenthood.**

With family breakdown heavily concentrated in the early years of parenthood, the hope is that even a short but well-grounded introduction to relationship principles may have a disproportionate impact on relationship stability and quality.

Family breakdown contributes to poverty, adverse mental and physical health and other poor outcomes for children and adults.

By a child's fifth birthday, 1:3 unmarried parents and 1:12 married parents have split up. Nearly half of UK babies are born to unmarried parents.

There is little or no existing relationship support for couples and this is particularly true for unmarried parents whose break-up risk is highest. When couples do seek support (e.g. counselling) it often seems "*too late*".

Yet much family breakdown is utterly avoidable. Modern relationship education programmes can improve relationship quality, reduce conflict, and increase stability significantly.

## How has ADAPT done so far?

**Both married and unmarried parents are overwhelmingly positive about ADAPT across a range of responses.**

In just two years, ADAPT has been run over 100 times for 1200 parents in Bristol, accessing between 10% and 20% of all first-time mothers.

ADAPT has been evaluated by 300 parents across 20 NHS health clinics. 97% or more said ADAPT was *fairly or very useful, enjoyable, informative, not scary and not embarrassing*.

Typical comments include:

- *A real eye-opener*
- *The most useful session of our post-natal course!*

## Our two new & related projects

**The first new project is to make four short videos covering each STOP sign, aimed at accessing fathers.**

**The second project is to set up a new ADAPT website that makes the programme available nationally.**

Over 80% of mothers report they are *definitely willing* to discuss the ADAPT principles. Nearly 80% also think their husband or partner will be either *fairly or definitely willing*. The aim of the videos is to engage the interest of the fathers through the ease and privacy of the internet, and thus encourage them to talk at home.

Demand from health visitors has already been established in Bristol. The new ADAPT website makes the programme available nationally.

The professionally-produced videos will appear on the new ADAPT website, on the existing BCFT website, and on Youtube.

## What do we need?

**We warmly invite you to help us raise the final £5,500 of the £20,000 needed to set up these innovative one-off projects.**

Both projects are ready to roll. We have arranged top quality film-makers, actors and web designers in Bristol. We aim to launch the website and videos in September 2008.