

It takes a Village: Global Perspectives about care-experienced parents - Abstracts

Housing needs among care-experienced young parents in New South Wales, Australia

Amy Gill

Safe and stable housing is vital to the well-being of both young parents transitioning from out-of-home care and their children. International research has examined the strengths and weaknesses of placement and post-care housing arrangements for this cohort. Residential care may offer a range of on-site supports for young mothers and their children but can also limit autonomy and lead to unhealthy peer relationships. Semi-independent living placements may provide young mothers and their babies more privacy, but often require strict eligibility criteria. Findings related to mother and baby foster placements suggest some carers struggle to balance the provision of appropriate practical supports and monitoring for safety concerns. Transitioning from out-of-home care places young parents and their children at a higher risk of homelessness due to a lack of affordable private rentals, excessive waiting lists for government subsidised housing, and high rates of family and domestic violence.

Little is known about placement and post-care housing needs and preferences among care-experienced young parents in Australia. This paper presents findings from a larger, mixed-methods study investigating early parenthood within the context of out-of-home care in the state of New South Wales. Survey responses from professionals and foster/kinship carers suggests a shortage of placements for co-residing young mothers and their children. Carers report that they are unlikely to host mother and baby placements due to a lack of space and the potential impact on their families. A common theme within open-ended survey responses and interviews with professionals, carers, and young mothers is that there is no one best placement type for this cohort. However, most survey respondents indicate that semi-independent living placements are the most suitable placement type to promote parenting skill development and supported transitions to independence. Findings from each stakeholder group highlight the importance of placement-matching and aftercare housing services to meet individual need and strike a balance between structure and independence. Concerns about the quality and availability of aftercare housing options are shared by young mothers and professionals. Findings from this study will be contextualised within recent New South Wales policy changes expanding supports for care leavers and extending carer payments to enable more young people to remain with their carers until the age of 21.

Anghenion lletya ymhlith rhieni ifanc â phrofiad o fod mewn gofal yn Ne Cymru Newydd, Awstralia

Amy Gill

Mae cartref diogel a sefydlog yn hanfodol nid yn unig i les rhieni ifanc sy'n pontio o fod mewn gofal y tu allan i'r cartref, ond hefyd lles eu plant. Mae ymchwil ryngwladol wedi rhoi sylw i gryfderau a gwendidau'r trefniadau lleoli a lletya ar ôl bod mewn gofal ar gyfer y garfan hon. Mewn gofal preswyl, gellir cynnig mathau amrywiol o gymorth i famau ifanc a'u plant ar y safle, ond gall y math hwn o ofal gyfyngu ar eu hannibyniaeth hefyd, sy'n golygu bod perthynas afiach yn ffurfio rhyngddyn nhw a mamau a phlant eraill. Gall lleoliadau sy'n galluogi mamau ifanc a'u plant i fyw'n lled-annibynnol gynnig mwy o breifatrwydd, ond yn aml, mae'r meini prawf ar gyfer bod yn gymwys yn llym. Mae canfyddiadau sy'n ymwneud â lleoliadau mam a baban yn awgrymu bod rhai gofalwyr yn cael trafferth sicrhau cydbwysedd rhwng cynnig cymorth ymarferol a monitro pryderon ynghylch diogelwch. Pan fydd rhieni ifanc a'u plant yn pontio o fod mewn gofal y tu allan i'r cartref, maent mewn mwy o berygl o ddod yn ddigartref. Mae hyn oherwydd diffyg cartrefi fforddiadwy ar gael i'w rhentu'n breifat, rhestrau aros hir dros ben ar gyfer tai a ariennir yn rhannol gan y llywodraeth a chyfraddau uchel o drais teuluol a domestig.

Nid ydym yn gwybod llawer am anghenion rhieni ifanc yn Awstralia a'r hyn sy'n well ganddynt ar ôl bod mewn gofal. Mae'r papur hwn yn cyflwyno canfyddiadau astudiaeth ehangach oedd yn cynnwys dulliau cymysg sy'n ymchwilio i famolaeth gynnar yng nghydestun gofal y tu allan i'r cartref yn nhalaith De Cymru Newydd. Mewn arolygon, mae gweithwyr proffesiynol a gofalwyr maeth/sy'n berthnasau wedi awgrymu bod diffyg lleoliadau ar gael lle gall rhieni ifanc a'u plant gyd-breswyl. Mae gofalwyr wedi dweud eu bod yn annhebygol o gynnig lleoliadau mam a baban oherwydd diffyg lle a'r effaith bosibl ar eu teuluoedd. Thema gyffredin mewn arolygon penagored a chyfweliadau â gweithwyr proffesiynol, gofalwyr a mamau ifanc yw nad oes un math o leoliad sy'n gweithio i bawb yn y garfan hon. Er hynny, mae'r mwyafrif wedi dweud mai lleoliadau sy'n galluogi mamau ifanc a'u plant i fyw'n lled-annibynnol yw'r rhai mwyaf addas er mwyn helpu'r mamau i ddatblygu eu sgiliau magu plant a dod yn annibynnol. Mae canfyddiadau pob grŵp o randdeiliaid yn tynnu sylw at bwysigrwydd paru lleoliadau a darparu gwasanaethau lletya ar ôl bod mewn gofal, a hynny er mwyn diwallu anghenion unigol a sicrhau cydbwysedd rhwng strwythur ac annibyniaeth. Mae mamau ifanc a gweithwyr proffesiynol yn cyd-bryderu ynghylch yr opsiynau lletya sydd ar gael ar ôl bod mewn gofal, gan gynnwys ansawdd yr opsiynau hynny. Bydd canfyddiadau'r astudiaeth hon yn cael eu rhoi mewn cyd-destun yn unol â'r newidiadau diweddar i bolisi De Cymru Newydd sy'n ehangu'r cymorth sydd ar gael i ymadawyr gofal ac sy'n ymestyn taliadau gofalwyr i alluogi rhagor o bobl ifanc i aros gyda'u gofalwyr nes eu bod yn 21 oed.

Constructing the “zero family”: breaking the intergenerational transmission of maltreatment from the perspective of care-experienced parents

Diletta Mauri

The concept of intergenerational transmission of child maltreatment (ITCM) has long been highly discussed across disciplines and less explored seems to be parents' views on processes that interrupt the ITCM, the focus of my study.

In my research, inspired by Constructivist Grounded Theory (Charmaz, 2014), I interviewed 22 care experienced parents who have broken the cycle. Starting from a discussion about their daily experience of parenting (Morgan, 2011), I tried to understand what factors are perceived supportive for the interruption of the ITCM. I also chose a participatory approach, creating an advisory board of care experienced parents.

This study has made it possible to highlight important aspects that, from the parents' perspective, play a role in breaking cycles of maltreatment. For instance, how their own parenting experience is a challenging process of constructing the 'zero' family. This requires dealing with the past (i.e. rebelling against the destiny; recognising who saw you), building yourself as a parent (i.e. dealing with triggers; coping with the fear of failure) and managing the everyday (i.e. worrying about children's happiness; struggling with idealised parenting standards).

Studying this topic through a negotiation of experiences and meanings with parents, alone and/or in a group, enables the understanding of the mechanisms that are involved in such a dynamic and complex experience as parenting. The practical implications of this work concern both the acquisition of insights useful in supporting care experienced parents, and the understanding of what protective factors intervene in breaking cycles of maltreatment.

Adeiladu'r "teulu sero": torri'r trosglwyddiad o drin plant yn wael o genhedlaeth i genhedlaeth (ITCM), o safbwynt rhieni sydd wedi cael profiad o ofal

Diletta Mauri

Mae'r cysyniad dan sylw, sef bod trin plant yn wael yn rhywbeth sy'n cael ei drosglwyddo o genhedlaeth i genhedlaeth (ITCM), wedi'i drafod yn helaeth ar draws disgyblaethau ers tro ac mae'n ymddangos bod safbwyntiau rhieni ar brosesau sy'n torri'r cylch ITCM yn cael eu harchwilio'n llai aml, sef ffocws fy astudiaeth.

Yn fy ymchwil, a ysbrydolwyd gan Constructivist Grounded Theory (Charmaz, 2014), fe wnes i gyfweled â 22 o rieni â phrofiad o ofal sydd wedi torri'r cylch. Gan ddechrau gyda thrafodaeth am eu profiad dyddiol o rianta (Morgan, 2011), ceisiais ddeall pa ffactorau sy'n ymddangos fel petaent o gymorth o ran torri'r cylch ITCM. Dewisais hefyd ddull cyfranogol, gan greu bwrdd cynghori o rieni sydd â phrofiad o ofal.

Trwy'r astudiaeth hon, mae hi wedi bod yn bosib amlygu agweddau pwysig sydd, o safbwynt y rhieni, yn chwarae rhan mewn torri cylchoedd o drin plant yn wael. Er enghraifft, sut mae eu profiad magu plant eu hunain yn broses heriol o adeiladu'r teulu 'sero'. Mae hyn yn gofyn am ddelio â'r gorffennol (hy gwrthryfela yn erbyn y dynged; cydnabod pwy welodd chi), adeiladu eich hun fel rhiant (hy delio â sbardunau; ymdopi â bod ofn methu) a rheoli bywyd bob dydd (hy poeni am hapusrwydd plant; cael trafferth gyda safonau rianta gor-berffaith). Mae astudio'r pwnc hwn trwy drafod profiadau ac ystyron gyda rhieni, ar eu pen eu hunain a/neu mewn grŵp, yn ei gwneud hi'n bosib i gael dealltwriaeth o'r mecanweithiau sydd ynghlwm wrth brofiad mor ddeinamig a chymhleth â magu plant. Mae goblygiadau ymarferol y gwaith hwn yn ymwneud â sicrhau ystod o ddealltwriaeth sy'n ddefnyddiol i gefnogi rhieni sydd â phrofiad o ofal, a deall pa ffactorau amddiffyn sy'n ymyrryd ar gylchoedd lle mae plant yn cael eu trin yn wael, gan dorri'r cylchoedd hynny.

'People talk at you, not to you': Implications of routine practices in alternative care for young, pregnant and parenting teens

Jade Purtell

In the state of Victoria in Australia, practice standards in out-of-home care require the first reactions to the pregnancy of a young person under 16 to be the completion of an incident report, a report to police and an 'unborn child' report to child protection. For young people beyond statutory involvement such responses are not mandated. Research on the high numbers of care leavers who have children early suggests that varying degrees of 'surveillance biases' exist in both universal and targeted service systems that care leavers often rely on in lieu of family support and having been 'exited' from their homes in out-of-home care arrangements. There are several dimensions to the concept of surveillance bias for care leaver parents on a gradient from feared and/or imagined, to unconscious bias by service providers and through to outright discrimination and racism. Each of these dimensions acts as a disincentive for young pregnant or parenting care leavers to approach services or others for assistance which in turn can create risk for their children and themselves. A further dimension of surveillance bias concerns the use of a young person's care records in child protection investigations. In my study practitioners found this practice to be routine and necessary to ensure that the highest standards for risk assessment could be met for care leavers' children. Whether this practice represents an unfair assessment of a care leavers' parenting capacity is discussed in the context of recordkeeping practices for children and young people in out-of-home care. Do a person's care records accurately depict their experiences of family and alternative care and how do they frame protective services' views of their possible parenting risks?

'Mae pobl yn siarad atoch chi, nid â chi': Goblygiadau arferion arferol mewn gofal amgen ar gyfer pobl ifanc sydd yn eu harddegau ifanc, yn feichiog ac yn magu plant

Jade Purtell

Yn nhalaith Victoria yn Awstralia, mae safonau ymarfer mewn gofal y tu allan i'r cartref yn mynnu mai'r ymatebion cyntaf i feichiogrwydd person ifanc o dan 16 oed yw cwblhau adroddiad digwyddiad, adroddiad i'r heddlu ac adroddiad 'plentyn heb ei eni' i wasanaethau amddiffyn plant. Ar gyfer pobl ifanc y tu hwnt i ymglymiad statudol, nid yw ymatebion o'r fath yn orfodol. Mae ymchwil i'r niferoedd uchel o ymadawyr gofal sydd â phlant yn gynnar yn awgrymu bod graddau amrywiol o 'ragfarnau gwylidwriaeth' yn bodoli mewn systemau gwasanaeth cyffredinol a rhai wedi'u targedu y mae'r rhai sy'n gadael gofal yn aml yn dibynnu arnynt yn lle cymorth teuluol ac wedi cael eu 'gadael' o'u cartrefi yn trefniadau gofal y tu allan i'r cartref. Mae sawl dimensiwn i'r cysyniad o ragfarn gwylidwriaeth ar gyfer rhieni sy'n gadael gofal ar raddiant o ofnus a/neu ddychmygol, i ragfarn anymwybodol gan ddarparwyr gwasanaethau a hyd at wahaniaethu llwyr a hiliaeth. Mae pob un o'r dimensiynau hyn yn gweithredu fel anghymhellid i'r rhai ifanc sy'n feichiog neu'n magu plant sy'n gadael gofal fynd at wasanaethau neu eraill am gymorth a all yn ei dro greu risg i'w plant a'u hunain. Mae dimensiwn arall o duedd gwylidwriaeth yn ymwneud â defnyddio cofnodion gofal person ifanc mewn ymchwiliadau amddiffyn plant. Yn fy astudiaeth, canfu ymarferwyr fod yr arfer hwn yn arferol ac yn angenrheidiol er mwyn sicrhau y gellid bodloni'r safonau uchaf ar gyfer asesu risg ar gyfer plant sy'n gadael gofal. Mae p'un a yw'r arfer hwn yn cynrychioli asesiad annheg o allu rhianta ymadawyr gofal yn cael ei drafod yng

nghyd-destun arferion cadw cofnodion ar gyfer plant a phobl ifanc mewn gofal y tu allan i'r cartref. A yw cofnodion gofal person yn darlunio'n gywir eu profiadau o ofal teuluol a gofal amgen a sut maent yn fframio barn gwasanaethau amddiffynnol am ei risgiau rhianta posibl?

Motherhood as a Pathway to Resilience: Young Women's experiences of Motherhood after Leaving Residential Care in South Africa

Joyce Hlungwani

Research on care-leavers who are parents is limited in South Africa. This is despite an acknowledgement that many care-leavers become parents shortly after leaving care, adding to the web of vulnerabilities that characterize care-leavers' journeys during the transition out of care. While care-leaving studies have largely focused on the challenges and poor outcomes associated with the process of transitioning from care to independent adulthood, there is increasing attention on the resilience of young people during the transition from care to independent adulthood. However, there is limited research that looks on the link between resilience and parenthood. This paper aims to use the resilience theoretical framework to explore young women's experiences of motherhood during their transition from care to independent living.

A qualitative, phenomenological methodology was employed to explore the contribution of motherhood in enhancing the resilience of young women during the transition from care to independent adulthood. Purposive sampling was used to select six young women who have disengaged from the care of different Child and Youth Care Centres in South Africa. Findings reveal that motherhood brings an affirming sense of responsibility and identity, thus contributing towards building the resilience of women care-leavers. However, the motherhood role comes with challenging experiences, which have potential to increase the vulnerability of young women during their journey out of care.

It is concluded that practitioners working with young people in care should invest time in talking about motherhood, emphasising not only the negative outcomes associated with early parenthood, but also recognizing the pathway to resilience, which can result from timed and planned motherhood.

Mamolaeth fel Llwybr i Wydnwch: Profiadau Merched Ifanc o Fod yn Fam ar ôl Gadael Gofal Preswyl yn Ne Affrica

Joyce Hlungwani

Mae ymchwil ar ymadawyr gofal sy'n rhieni yn gyfyngedig yn Ne Affrica. Mae hyn er gwaethaf cydnabyddiaeth bod llawer o'r rhai sy'n gadael gofal yn dod yn rhieni yn fuan ar ôl gadael gofal, gan ychwanegu at y we o wendidau sy'n nodweddu teithiau'r rhai sy'n gadael gofal yn ystod y cyfnod pontio allan o ofal. Er bod astudiaethau gadael gofal wedi canolbwyntio'n bennaf ar yr heriau a'r canlyniadau gwael sy'n gysylltiedig â'r broses o drosglwyddo o ofal i fod yn oedolyn annibynnol, mae sylw cynyddol ar wydnwch pobl ifanc yn ystod y cyfnod pontio o ofal i fod yn oedolyn annibynnol. Fodd bynnag, prin yw'r ymchwil sy'n edrych ar y cysylltiad rhwng gwydnwch a bod yn rhiant. Nod y papur hwn yw defnyddio'r fframwaith damcaniaethol o wytnwch i archwilio profiadau menywod ifanc o fod yn fam yn ystod eu cyfnod pontio o ofal i fyw'n annibynnol.

Defnyddiwyd methodoleg ansoddol, ffenomenolegol i archwilio cyfraniad mamolaeth at wella gwydnwch menywod ifanc yn ystod y cyfnod pontio o ofal i fod yn oedolyn annibynnol. Defnyddiwyd samplu pwrpasol i ddewis chwe menyw ifanc sydd wedi ymddieithrio o ofal gwahanol Ganolfannau Gofal Plant ac Ieuentid yn Ne Affrica. Mae canfyddiadau'n datgelu bod bod yn fam yn dod ag ymdeimlad cadarnhaol o gyfrifoldeb a hunaniaeth, gan gyfrannu felly at adeiladu gwytnwch menywod sy'n gadael gofal. Fodd bynnag, daw'r rôl mamolaeth â phrofiadau heriol, sydd â'r potensial i wneud menywod ifanc yn fwy agored i niwed yn ystod eu taith allan o ofal.

Daethpwyd i'r casgliad y dylai ymarferwyr sy'n gweithio gyda phobl ifanc mewn gofal fuddsoddi amser i siarad am fod yn fam, gan bwysleisio nid yn unig y canlyniadau negyddol sy'n gysylltiedig â bod yn rhiant cynnar, ond hefyd gydnabod y llwybr at wytwnch, a all ddeillio o fod yn fam wedi'i hamseru ac wedi'i chynllunio.

Early pregnancy and parenting among young women who have left care in Ghana and Uganda

Kwabena Frimpong-Manso

There is an emerging social phenomenon of young people transitioning from out-of-home care to adulthood in many African countries. Care leavers in these countries face challenges with education, employment, housing, and social integration, making them among the most vulnerable groups in society. Despite the continent's high pregnancy rate, little research has been conducted on young people in out-of-home care and pregnancy. As a result, this study examined pregnancy and parenting experiences among teenage girls who had been in residential care in Ghana and Uganda. The study explored the factors leading to early motherhood among this group of young people and the challenges they face after becoming parents. Using semi-structured interviews, we gathered data from ten parenting care leavers in both countries and then analysed the data thematically. According to the study, minimal sexual and reproductive health education, exploitation, strict institutional policies, and inadequate monitoring predisposed the participants to early pregnancy. There was emotional stress, financial and employment obstacles, as well as stigma experienced by young mothers. The study suggests that caregivers be trained to provide sexual and reproductive health information, practitioners should provide supervision during the semi-independent phase of leaving care, and young mothers should have separate housing. Young mothers who leave foster care need support in academic, vocational, and parenting skills through social inclusion programs.

Beichiogrwydd cynnar a magu plant ymhlith menywod ifanc sydd wedi gadael gofal yn Ghana ac Uganda

Kwabena Frimpong-Manso

Mae ffenomen gymdeithasol sy'n dod i'r amlwg o bobl ifanc yn trosglwyddo o ofal y tu allan i'r cartref i fod yn oedolion mewn llawer o wledydd Affrica. Mae pobl sy'n gadael gofal yn y gwledydd hyn yn wynebu heriau gydag addysg, cyflogaeth, tai ac integreiddio cymdeithasol, gan eu gwneud ymhlith y grwpiau mwyaf agored i niwed mewn cymdeithas. Er gwaethaf cyfradd beichiogrwydd uchel y cyfandir, ychydig o ymchwil a gynhaliwyd ar bobl ifanc mewn gofal y tu allan i'r cartref a beichiogrwydd. O ganlyniad, archwiliodd yr astudiaeth hon brofiadau beichiogrwydd a rhianta ymhlith merched yn eu harddegau a oedd wedi bod mewn gofal preswyl yn Ghana ac Uganda. Archwiliodd yr astudiaeth y ffactorau sy'n arwain at famolaeth gynnar ymhlith y grŵp hwn o bobl ifanc a'r heriau y maent yn eu hwynebu ar ôl dod yn rhieni. Gan ddefnyddio cyfweiliadau lled-

strwythuredig, gwnaethom gasglu data gan ddeg o bobl sy'n gadael gofal rhianta yn y ddwy wlad ac yna dadansoddi'r data yn thematig. Yn ôl yr astudiaeth, ychydig iawn o addysg iechyd rhywiol ac atgenhedlu, ecsbloetio, polisïau sefydliadol llym, a monitro annigonol oedd yn rhagduedu'r cyfranogwyr i feichiogrwydd cynnar. Roedd straen emosiynol, rhwystrau ariannol a chyflogaeth, yn ogystal â stigma a brofwyd gan famau ifanc. Mae'r astudiaeth yn awgrymu bod rhoddwyr gofal yn cael eu hyfforddi i ddarparu gwybodaeth iechyd rhywiol ac atgenhedlu, dylai ymarferwyr ddarparu goruchwyliaeth yn ystod cyfnod lled-annibynnol gadael gofal, a dylai mamau ifanc gael tai ar wahân. Mae angen cefnogaeth ar famau ifanc sy'n gadael gofal maeth mewn sgiliau academaidd, galwedigaethol a rhianta trwy raglenni cynhwysiant cymdeithasol.

Empowering Young Parents in Out-of-Home Care: A Good Practice Charter and Supporting Resources

Louise Roberts, Rachel Vaughan and Dawn Mannay

This session stems from recent research undertaken in Wales, concerned with outcomes, experiences and support for young people leaving out-of-home care, who are pregnant or parenting (Roberts 2021). The session will provide an overview of the five-year, mixed methods study, which highlighted the potential for stigma and discrimination, concerning rates of family separation and underdeveloped support responses.

In addition, the session will provide details of subsequent impact projects aimed at creating meaningful policy and practice change. Central to this work has been the creation of a good practice charter, aimed at professionals with responsibility for supporting young people leaving out-of-home care. The charter was co-produced with care-experienced parents, with the support of key third sector organisations in Wales and in consultation with statutory professionals. The finalised version encourages commitment to support for young people before they become parents, when they are expecting a child, in the event of concerns about parenting and family separation. Importantly, the charter requires signatories to recognise and challenge stigma and discrimination.

The session will present the good practice charter, together with a suite of supporting resources. Care-experienced parents will reflect on their contribution to this work and their hopes for policy and practice change. Finally, consideration and reflection will be afforded to the applicability and acceptability of the resources beyond the Welsh context.

Mae'r sesiwn hon yn deillio o ymchwil ddiweddar a wnaed yng Nghymru, yn ymwneud â chanlyniadau, profiadau a chefnogaeth i bobl ifanc sy'n gadael gofal y tu allan i'r cartref, sy'n feichiog neu'n magu plant (Roberts 2021). Bydd y sesiwn yn rhoi trosolwg o'r astudiaeth pum mlynedd, dulliau cymysg, a amlygodd y potensial ar gyfer stigma a gwahaniaethu, yn ymwneud â chyfraddau gwahanu teuluoedd ac ymatebion cymorth heb eu datblygu'n ddigonol.

Grymuso Rhieni Ifanc Mewn Gofal y Tu Allan i'r Cartref: Siarter Arfer Da ac Adnoddau Ategol

Louise Roberts, Rachel Vaughan and Dawn Mannay

Yn ogystal, bydd y sesiwn yn darparu manylion prosiectau effaith dilynol sydd â'r nod o greu newid ystyrion o ran polisi ac ymarfer. Yn ganolog i'r gwaith hwn mae creu siarter arfer da, wedi'i hanelu at weithwyr proffesiynol sydd â chyfrifoldeb dros gefnogi pobl ifanc sy'n gadael gofal y tu allan i'r cartref. Cafodd y siarter ei chynhyrchu ar y cyd â rhieni â phrofiad gofal, gyda chefnogaeth sefydliadau trydydd sector allweddol yng Nghymru ac mewn ymgynghoriad

â gweithwyr proffesiynol statudol. Mae'r fersiwn derfynol yn annog ymrwymiad i gefnogi pobl ifanc cyn iddynt ddod yn rhieni, pan fyddant yn disgwyl plentyn, os bydd pryderon am rianta a theuluoedd yn gwahanu. Yn bwysig, mae'r siarter yn ei gwneud yn ofynnol i lofnodwyr gydnabod a herio stigma a gwahaniaethu.

Bydd y sesiwn yn cyflwyno'r siarter arfer da, ynghyd â chyfres o adnoddau ategol. Bydd rhieni â phrofiad gofal yn myfyrio ar eu cyfraniad at y gwaith hwn a'u gobeithion am newid polisi ac ymarfer. Yn olaf, rhoddir ystyriaeth a myfyrio i gymhwysedd a derbynioldeb yr adnoddau y tu hwnt i gyd-destun Cymru.

Communities of Support for Care-Experienced Mothers

Stacey Marie Page

A genuinely supportive social network is crucial to health and wellbeing in motherhood. Feeling supported during challenging times can help to shield the impact of adversity and distress. Mutual support networks resulting from authentic, caring connections with others can be particularly beneficial to people who with histories of fractured family relationships and/or out-of-home care.

This presentation is drawn from a publication accepted for publication in the British Journal of Social Work. All three authors draw on their lived experiences of out-of-home care in Australia and the United States to emphasise the importance of building communities of support to sustain us as we raise our families, reflect on our childhoods, and strive to provide loving environments for our children. Three narratives highlight the value of informal support during the joys and challenges of motherhood, and the need for strength-based and trauma-informed practices within health and social work. Drawing on the theory of social support, this presentation argues that professionals should aim to support care-experienced young people to empower themselves by building autonomous and authentic social connections to promote their well-being, particularly during life transitions such as exiting care and becoming parents.

Cymunedau Cymorth i Famau sydd â Phrofiad o Ofal

Stacey Marie Page

Mae rhwydwaith cymdeithasol gwirioneddol gefnogol yn hanfodol i iechyd a lles mewn mamolaeth. Gall teimlo eich bod yn cael eich cefnogi yn ystod cyfnod heriol helpu i warchod rhag effaith adfyd a thrallod. Gall rhwydweithiau cymorth cydfuddiannol sy'n deillio o gysylltiadau dilys, gofalgarg ag eraill fod yn arbennig o fuddiol i bobl sydd â hanes perthnasoedd teuluol toredig a/neu ofal y tu allan i'r cartref.

Tynnir y cyflwyniad hwn o gyhoeddiad a dderbynnir i'w gyhoeddi yn y British Journal of Social Work. Mae'r tri awdur yn tynnu ar eu profiadau byw o ofal y tu allan i'r cartref yn Awstralia a'r Unol Daleithiau i bwysleisio pwysigrwydd adeiladu cymunedau o gefnogaeth i'n cynnal wrth i ni fagu ein teuluoedd, myfyrio ar ein plentyndod, ac ymdrechu i roi amgylcheddau cariadus i'n plant. Mae tri naratif yn tynnu sylw at werth cefnogaeth anffurfiol yn ystod uchafbwyntiau a heriau mamolaeth, a'r angen am arferion sy'n seiliedig

ar gryfder a thrawma o fewn iechyd a gwaith cymdeithasol. Gan dynnu ar theori cefnogaeth gymdeithasol, mae'r cyflwyniad hwn yn dadlau y dylai gweithwyr proffesiynol anelu at gefnogi pobl ifanc â phrofiad gofal i rymuso eu hunain trwy adeiladu cysylltiadau cymdeithasol ymreolaethol a dilys i hyrwyddo eu lles, yn enwedig yn ystod cyfnodau pontio bywyd fel gadael gofal a dod yn rhieni.

State of research on young parents transitioning from foster care in the United States

Svetlana Shpiegel, Amy Dworsky and Elizabeth Aparicio

In the United States, young people with foster care backgrounds become parents earlier than their counterparts in the general population (Courtney et al., 2005; Shpiegel et al., 2018). On average, nearly 20% of young women and 10% of young men in foster care become parents by age 19 (Courtney et al., 2016; Shpiegel et al., 2017), and these figures rise to 40% and 20%, respectively, by age 21 (Courtney et al., 2018; Shpiegel & Cascardi, 2018). Research on this population has expanded considerably during the past two decades (Eastman et al., 2019), highlighting the successes and challenges of young parents as they transitioned out of foster care and into young adulthood. In the current presentation, we aim to: (a) review the state of research on early parenthood among youth in and aging-out of foster care, including prevalence rates, risk and protective factors, and key socioeconomic outcomes; (b) describe the services and supports commonly provided to these young people, and what is known about the effectiveness of various services; and (c) provide recommendations for researchers, practitioners, and policymakers working with this population in the United States and beyond.

Cymunedau Cymorth i Famau sydd â Phrofiad o Ofal

Svetlana Shpiegel, Amy Dworsky and Elizabeth Aparicio

Mae rhwydwaith cymdeithasol gwirioneddol gefnogol yn hanfodol i iechyd a lles mewn mamolaeth. Gall teimlo eich bod yn cael eich cefnogi yn ystod cyfnod heriol helpu i warchod rhag effaith adfyd a thrallod. Gall rhwydweithiau cymorth cydfuddiannol sy'n deillio o gysylltiadau dilys, gofalgarg ag eraill fod yn arbennig o fuddiol i bobl sydd â hanes perthnasoedd teuluol toredig a/neu ofal y tu allan i'r cartref.

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Ten years later: Satisfaction with intimate relationships and parenthood of young people ageing out of residential care

Tehila Refaelli

Background: Care leavers, young people who have aged out of residential or foster care, experience many challenges during their transition to adulthood. However, there is relatively little research on care leavers' intimate relationships. Their parenthood has been explored to a greater extent, but mostly qualitatively.

Objective: This study focused on Israeli care leavers a decade after leaving care and explored various factors associated with satisfaction with both intimate relationships and parenthood.

Methods: One-hundred-and-fifty-two young people participated in the study ten years after leaving care. Toward the end of their 20s, 74.3% were either married or had stable intimate relationships, and 40.1% were parents. To assess satisfaction with intimate relationships and parenthood, two hierarchical regressions were conducted that examined the cumulative contribution of background factors, personal characteristics and social support.

Results: Satisfaction with intimate relationships was associated with higher income, fewer traumatic life events, and higher self-esteem. Gender moderated the association of traumatic life events with satisfaction with intimate relationships. Satisfaction with parenthood was associated with fewer traumatic events throughout care leavers' lives; it was also associated with lower levels of mental distress and alcohol use and with higher levels of satisfaction with intimate relationships. Gender moderated the association of mental distress with satisfaction with parenthood.

Conclusions: Ten years after leaving care, care leavers' backgrounds (i.e., their traumatic life events) were strongly associated with their situation as adults. Other risk factors such as alcohol use and mental distress were especially relevant to care leavers' satisfaction as parents, demanding longitudinal interventions.

Ddeng mlynedd yn ddiweddarach: Boddhad gyda pherthnasoedd agos a bod yn rhiant pobl ifanc sy'n tyfu allan o ofal preswyl

Tehila Refaelli

Cefndir: Mae pobl ifanc sy'n gadael gofal, pobl ifanc sydd wedi bod allan o ofal preswyl neu ofal maeth, yn profi llawer o heriau wrth iddynt bontio i fod yn oedolion. Fodd bynnag, cymharol ychydig o ymchwil sydd ar gael ar berthnasoedd agos y rhai sy'n gadael gofal. Mae eu bod yn rhiant wedi cael ei archwilio i raddau mwy, ond yn ansoddol yn bennaf.

Amcan: Canolbwyntiodd yr astudiaeth hon ar ymadawyr gofal Israel ddegawd ar ôl gadael gofal ac archwiliodd amryw ffactorau sy'n gysylltiedig â boddhad â pherthynas agos a bod yn rhiant.

Dulliau: Cymerodd cant a phum deg dau o bobl ifanc ran yn yr astudiaeth ddeng mlynedd ar ôl gadael gofal. Tua diwedd eu 20au, roedd 74.3% naill ai'n briod neu'n meddu ar berthnasoedd agos sefydlog, a 40.1% yn rhieni. Er mwyn asesu boddhad gyda pherthnasoedd agos a bod yn rhiant, cynhaliwyd dau atchweliad hierarchaidd a archwiliodd gyfraniad cronus ffactorau cefndir, nodweddiad personol a chymorth cymdeithasol.

Canlyniadau: Roedd boddhad â pherthnasoedd agos yn gysylltiedig ag incwm uwch, llai o ddigwyddiadau bywyd trawmatig, a hunan-barch uwch. Cymedrolodd rhyw gysylltiad digwyddiadau bywyd trawmatig â boddhad â pherthnasoedd agos. Roedd boddhad â bod yn rhiant yn gysylltiedig â llai o ddigwyddiadau trawmatig drwy gydol bywydau pobl sy'n gadael gofal; roedd hefyd yn gysylltiedig â lefelau is o drallod meddwl a defnyddio alcohol a gyda

lefelau uwch o foddhad gyda pherthnasoedd agos. Roedd rhyw yn cymedroli cysylltiad trallod meddwl â boddhad â bod yn rhiant.

Casgliadau: Ddeng mlynedd ar ôl gadael gofal, roedd cysylltiad cryf rhwng cefndiroedd y rhai sy'n gadael gofal (h.y., eu digwyddiadau bywyd trawmatig) â'u sefyllfa fel oedolion. Roedd ffactorau risg eraill fel defnyddio alcohol a thrallod meddwl yn arbennig o berthnasol i foddhad y rhai sy'n gadael gofal fel rhieni, gan fynnu ymyriadau hydredol.

Results: Satisfaction with intimate relationships was associated with higher income, fewer traumatic life events, and higher self-esteem. Gender moderated the association of traumatic life events with satisfaction with intimate relationships. Satisfaction with parenthood was associated with fewer traumatic events throughout care leavers' lives; it was also associated with lower levels of mental distress and alcohol use and with higher levels of satisfaction with intimate relationships. Gender moderated the association of mental distress with satisfaction with parenthood.

Conclusions: Ten years after leaving care, care leavers' backgrounds (i.e., their traumatic life events) were strongly associated with their situation as adults. Other risk factors such as alcohol use and mental distress were especially relevant to care leavers' satisfaction as parents, demanding longitudinal interventions.