**Case Study 2. (254 words)**

**Out of Court Parenting Support.**

A referral was received from North Wales Police for a parent to take part in Out of Court Disposal (OOCD) support sessions, following an incident involving physical chastisement, now prohibited under Welsh law. The family were experiencing a difficult period, with the parents recently separated and involved in an acrimonious divorce, further complicated by family court proceedings and ongoing involvement with the Children and Families’ Service.

The parent worked long shifts away from home (two weeks away, two weeks off), which required careful planning to ensure they could fully engage with the sessions during their leave. A key challenge was addressing attitudes toward physical chastisement, as the parent initially believed such discipline was the norm from their own upbringing.

Support was delivered through structured sessions, covering topics such as the law change, parenting styles, the impact of physical chastisement on children, self-care, empathy, and strategies for managing anger and stress. The parent also engaged with the “Triple P” online programme and has completed three modules, showing commitment to positive change. They were applying new strategies at home, including spending more quality time with their children and encouraging their involvement in daily tasks.

The parent reflected positively on the support received, stating: "The changes are that I’ve learnt to spend more time with the children at the right times and try to get them involved with simple tasks like making the dinner. The classes were very well delivered and the contact and support was brilliant".