



Online Parenting Programs

6 Hour Online Parenting Without Conflict

New Ways Introduction

- Welcome
- Terms

Intake Forms

Unit 1: Coping With Stress (Managed Emotions)

- Coping with Stress (Managed Emotions)
- How to Calm Yourself
- Our Brains Under Stress
- Encouraging Statements
- Encouraging Statements Under Stress
- Mirror Neurons
- Emotions Question
- Emotions and Children
- Top 3 Parenting Skills – Study Shows
- Setting a Goal for Managing Emotions

Unit 2: Solving Co-Parenting Problems (Flexible Thinking)

- Solving Co-Parenting Problems (Flexible Thinking)
- Influencing Your Co-Parent
- Flexible Thinking
- Making Proposals
- Preparing to Make Proposals
- Gathering Information

- Proposals with a Lawyer
- Setting a Flexible Thinking Goal
- Solving Co-Parenting Problems Quiz
- Solving Co-Parenting Problems Quiz Answer Key

Unit 3: Avoiding Over-Reacting (Moderate Behaviours)

- Avoiding Over-reacting (Moderate Behaviors)
- Moderate Behaviors
- Examples: Moderate or Extreme Behaviors?
- Behavior Questions
- Writing Emails
- Practice Writing Emails with BIFF
- Responding to Several People
- Coaching for BIFF Responses
- Using BIFF Responses to Look Good
- Review
- Avoiding Over-Reacting Quiz
- Avoiding Over-Reacting Quiz Answer Key

Unit 4: Influencing Your Type of Co-Parent

- Checking Yourself
- "I'm Very Superior" Co-Parent
- "Love-You, Hate-You" Co-Parent
- "Con Artist" or "Really Scary" Co-Parent
- "Always Suspicious" Co-Parent
- "Always Dramatic" Co-Parent
- Checking Yourself Before Mediation or Other Negotiations
- Negotiating Principles
- Influencing Your Type of Co-Parent Quiz

- Influencing Your Type of Co-Parent Quiz Answer Key

Unit 5: Extreme Behaviors and the Effect on Your Child's Brain

- If Your Co-Parent has Extreme Behavior Problems
- Substance Abuse
- Domestic Violence
- Child Abuse
- Anger Management
- Effect of Stress on Your Child's Brain
- Child Alienation
- Family Counseling for Alienation
- False Allegations of Abuse
- Parent Absence
- Staying Out of Court
- What to Tell the Children

Unit 6: How to Avoid Becoming a "High-Conflict" Case

- How to Avoid Becoming a "High-Conflict" Case
- One or Two High-Conflict People?
- Unmanaged Emotions in Court
- "Frequent Filers"
- Managing and Making Decisions
- Using the Four Big Skills
- Avoid Extreme Behaviors
- Avoid Labeling
- Checking Yourself
- Anticipating Problems
- Positive Behaviors
- When to Go Back to Court?
- New Issues

- Abuse Issues Later On
- Changing Parenting Orders
- Alienation Issues
- Avoid Anger at Your Child
- When Should You Stop Fighting at Court?
- Children Absorb the Conflict
- The Limitations of Court
- Looking Ahead
- How to Avoid Becoming a "High-Conflict" Case Quiz
- How to Avoid Becoming a "High-Conflict" Case Quiz Answer Key

Final Exam

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Completion

- Completion