



Parenting Without Conflict Outline (by Bill Eddy and New Ways for Families®)

Skills-based co-parenting course designed by **Bill Eddy, LCSW, Esq.**, for potentially high-conflict families during separation or divorce. These skills help parents protect their children from conflict as their family reorganizes in new ways.

12 Hour Online Parenting Skills

cost: \$39.99ea. (Low-income discounts available)

Part 1 - Coping With the Stress

- 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

Part 2 - Solving Co-Parenting Problems

- 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

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Part 3 - Avoiding Over-Reacting

Avoiding Over-reacting (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

Abuse and Domestic Violence

Substance Abuse

Extra Reading: Victims and Abusers

Extra Reading: Substance Abuse and Children

Part 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

Part 5: Extreme Behavior & 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?



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Part 6 - Raising Healthy Children

- Raising Healthy Children with Your Co-Parent
- Four Emotions that Can Interfere
- Three Types of Co-Parent Cooperation
- 10 Healthcare Decisions
- A Healthcare Question
- Educational Decisions
- Extracurricular Activities
- Summer Camps
- Field Trip Question
- Changes in the Schedule
- Daycare Providers
- Parenting Exchanges
- With a "Difficult But Safe" Co-Parent
- With a "Difficult and Unsafe" Co-Parent
- If You Have Anger Management Issues

Part 7: Child Developmental Goals

- Child Developmental Goals
- Support Your Co-Parent's Relationship
- Mention Positive Qualities
- Zero -1 Years Old
- Ages 1 - 3 Years Old
- Ages 3-5 Years Old
- Ages 5 - 12 Years Old
- Ages 12 - 18 + Years Old
- Over 18-Coparenting Adult Children

Part 8 - Parenting Schedules

- Parenting Schedules
- Avoid Extremes
- A Relationship with Both of You
- Parent-Child Attachment
- Learning to Manage Their Emotions
- Learning About Other People's Emotions
- Stability and Substantial Time
- General Principles by Age Group
- Zero-4 years Old
- 5-12 Years Old
- 13-18 Years Old



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Part 8 - Parenting Schedules (con.)

- Young Adults Over 18
- Holidays, Vacations
- With a High Conflict Co-Parent
- Right of First Refusal
- If a Parent Moves Away
- Developing Your Parenting Plan
- Getting Realistic in Mediation
- Of You Talk Directly
- Restricted Exchanges
- Longer Alternate Weekends

Part 9: Using Professionals

- Using Professionals
- Counselors (Mental Health Professionals)
- A Counselor for You
- Counseling with Your Co-Parent
- Counseling for Your Child
- Family Counseling
- Mediators
- Lawyers
- Collaborative Divorce
- Parenting Evaluation
- Who Pays for Professionals?
- Informing Professionals About Your Co-Parent
- Court Hearing

Part 10: New Partners, New Families

- New Partners, New Families
- Dating
- Prepare New Partners to Stay Calm
- Cohabitation
- Wait to Re-Marry
- If You Commit to a New Relationship
- New Partners and Parenting Issues
- What to Call Your New Partner?
- Managed Emotions and Flexible Thinking
- Your Co-Parent's Life Changes
- New Custody Disputes
- Changes in the Schedule



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Part 10: New Partners, New Families (con.)

- Making Proposals for Changes
- Not Too Restricting; Not Too Close
- Mediation and other Methods
- Mediation and Domestic Violence
- New Partners in Mediation
- New Partners in Court
- New Partner's Children
- Counseling with Your New Partner
- Counseling with Your New Family
- Setting Limits

Part 11: Handling Financial Issues as Co-Parents

- Handling Financial Issues as Co-Parents
- Four Areas of Financial Issues
- Exchanging Financial Information
- Child Support
- Alimony ("Spousal Support")
- Property Division
- Tax Issues
- Bankruptcy
- Hiding Money
- Court and "Discovery"
- Don't Destroy Records
- Collaborative Divorce
- Mediation



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Part 12: How to Avoid Becoming a High Conflict Case

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

New Relationships and Dating

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

Looking Ahead

If you are a low income parents interested in taking a class there are options to help reduce class costs.