



# Online Parenting Programs

## **12 Hour - Parenting Without Conflict**

### **Intro**

### **Intake Forms**

- Court Case Information
- Demographic Information
- Relationship Information

### **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

### **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
- Solving Co-Parenting Problems Quiz
- Solving Co-Parenting Problems Quiz Answer Key



## **Avoiding Over-Reacting (All or Nothing Thinking)**

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

## **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

## **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



## Online Parenting Programs

Child Alienation  
Family Counseling for Alienation  
False Allegations of Abuse  
What will a court do with False Allegations?  
Parent Absence  
Staying out of Court  
What to Tell the Children?

### **Raising Healthy Children**

Raising Healthy Children with Your Co-Parent  
Four Emotions that Can Interfere  
Three Types of Co-Parent Cooperation  
10 Healthcare Decisions  
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  
Raising Healthy Children with Your Co-Parent Quiz  
Raising Healthy Children with Your Co-Parent Quiz Answer Key

### **Child Developmental Goals**

Child Developmental Goals  
Support Your Co-Parent's Relationship  
Mention Positive Qualities  
0 - 1 Years Old



## Online Parenting Programs

1 – 3 Years Old

3 – 5 Years Old

5 – 12 Years Old

12 – 18 Years Old

Over 18 Coparenting Adult Children

Child Development Goals Quiz

Child Development Goals Quiz Answer Key

### **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

0 - 4 Years Old

5 - 12 Years Old

13 - 18 Years Old

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

If You Talk Directly

Restricted Exchanges

Longer Alternate Weekends



# Online Parenting Programs

Parenting Schedules Quiz  
Parenting Schedules Quiz Answer Key

## **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?  
Informing Professionals About Your Co-Parent  
Court Hearing  
Using Professionals Quiz  
Using Professionals Quiz Answer Key

## **New Partners and New Families**

New Partners and 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



## Online Parenting Programs

Your Co-Parent's Life Changes  
New Custody Disputes  
Changes in the Schedule  
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  
New Partners and New Families Quiz  
New Partners and New Families Quiz Answer Key

### **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" or "Spousal Maintenance")  
Property Division  
Tax Issues  
Bankruptcy  
Hiding Money  
Court and "Discovery"  
Don't Destroy Records  
Collaborative Divorce  
Mediation  
Handling Financial Issues as Co-Parents Quiz  
Handling Financial Issues as Co-Parents Quiz Answer Key



## **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**

## **Survey**

## **Completion**