



Online
Parenting
Programs

12H
ONLINE

Parenting Without Conflict

\$139.99

*Low-income discounts
available*

Level 2 skills-based co-parenting class for potentially high-conflict families. These life skills teach parents how to manage emotions in order to protect their children during transition and moving forward.

Target: Divorcing, separating or never married parents in conflict or contested cases.

New Ways Introduction

02:00 New Ways Intro

Intake Forms

- :-- Court Case Information
- :-- Demographic Information
- :-- Relationship Information

Unit 1: Coping with Stress (Managed Emotions)

- 22:00 Coping with Stress (Managed Emotions)
- 03:00 How to Calm Yourself
- 04:00 Our Brains Under Stress
- 03:00 Encouraging Statements
- 02:00 Encouraging Statements Under Stress
- 01:00 Mirror Neurons
- 02:00 Emotions Question
- 08:00 Emotions and Children

03:00 Top 3 Parenting Skills – Study Shows
01:00 Setting a Goal for Managing Emotions

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

01:00 Solving Co-Parenting Problems (Flexible Thinking)
04:00 Influencing Your Co-Parent
06:00 Flexible Thinking
07:00 Making Proposals
05:00 Preparing to Make Proposals
01:00 Gathering Information
04:00 Proposals with a Lawyer
01:00 Setting a Flexible Thinking Goal
--:-- Solving Co-Parenting Problems Quiz
01:00 Solving Co-Parenting Problems Quiz Answer Key

Unit 3: Avoiding Over-Reacting (All or Nothing Thinking)

01:00 Avoiding Over-reacting (Moderate Behaviors)
03:00 Moderate Behaviors
01:00 Examples: Moderate or Extreme Behaviors?
03:00 Behavior Questions
06:00 Writing Emails
06:00 Practice Writing Emails with BIFF
02:00 Responding to Several People
01:00 Coaching for BIFF Responses
01:00 Using BIFF Responses to Look Good
01:00 Review
--:-- Avoiding Over-Reacting Quiz
01:00 Avoiding Over-Reacting Quiz Answer Key

Unit 4: Influencing Your Type of Co-Parent

04:00 Checking Yourself
01:00 “I’m Very Superior” Co-Parent
02:00 “Love-You, Hate-You” Co-Parent
01:00 “Con Artist” or “Really Scary” Co-Parent
01:00 “Always Suspicious” Co-Parent
02:00 “Always Dramatic” Co-Parent

03:00 Checking Yourself Before Mediation or Other Negotiations
03:00 Negotiating Principles
--:-- Influencing Your Type of Co-Parent Quiz
01:00 Influencing Your Type of Co-Parent Quiz Answer Key

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

01:00 If Your Co-Parent has Extreme Behavior Problems
03:00 Substance Abuse
07:00 Domestic Violence
03:00 Child Abuse
05:00 Anger Management
05:00 Effect of Stress on Your Child's Brain
03:00 Child Alienation
01:00 Family Counseling for Alienation
01:00 False Allegations of Abuse
01:00 Parent Absence
01:00 Staying Out of Court
01:00 What to Tell the Children

Unit 6: Raising Healthy Children

01:00 Raising Healthy Children with Your Co-Parent
06:00 Four Emotions That Can Interfere
01:00 Three Types of Co-Parent Cooperation
04:00 10 Healthcare Decisions
02:00 Healthcare Question
04:00 Educational Decisions
03:00 Extracurricular Activities
01:00 Summer Camps
02:00 Field Trip Question
01:00 Changes in the Schedule
01:00 Daycare Providers
01:00 Parenting Exchanges
01:00 With a "Difficult But Safe" Co-Parent
01:00 With a "Difficult and Unsafe" Co-Parent
01:00 If You Have Anger Management Issues
--:-- Raising Healthy Children with Your Co-Parent Quiz
01:00 Raising Healthy Children with Your Co-Parent Quiz Answer Key

Unit 7: Child Development Goals

- 01:00 Child Development Goals
- 01:00 Support Your Co-Parent's Relationship
- 03:00 Mention Positive Qualities
- 01:00 0 - 1 Year Old
- 01:00 1 - 3 Years Old
- 01:00 3 - 5 Years Old
- 02:00 5 - 12 Years Old
- 02:00 12 - 18 Years Old
- 01:00 Over 18: Co-Parenting Adult Children
- :-- Child Development Goals Quiz
- 01:00 Child Development Goals Quiz Answer Key

Unit 8: Parenting Schedules

- 01:00 Parenting Schedules
- 01:00 Avoid Extremes
- 02:00 A Relationship with Both of You
- 01:00 Parent-Child Attachment
- 01:00 Learning to Manage their Emotions
- 01:00 Learning about Other People's Emotions
- 01:00 Stability and Substantial Time
- 01:00 General Principles by Age
- 01:00 0 - 4 Years
- 01:00 5 - 12 Years
- 01:00 13 - 18 Years
- 01:00 Young Adults over 18
- 01:00 Holidays, Vacations
- 01:00 With a High-Conflict Co-Parent
- 01:00 Right of First Refusal
- 01:00 If a Parent Moves Away
- 03:00 Developing Your Parenting Plan
- 01:00 Getting Realistic in Mediation
- 01:00 If You Talk Directly
- 01:00 Restricted Exchanges
- 01:00 Longer Alternate Weekends
- :-- Parenting Schedules Quiz
- 01:00 Parenting Schedules Quiz Answer Key

Unit 9: Using Professionals

- 01:00 Using Professionals
- 01:00 Counselors
- 02:00 A Counselor for You?
- 01:00 Counseling with Your Co-Parent
- 01:00 Counseling for Your Child
- 02:00 Family Counseling
- 05:00 Mediators
- 02:00 Lawyers
- 02:00 Collaborative Divorce
- 03:00 Parenting Evaluation
- 01:00 Who Pays?
- 03:00 Informing Professionals About Your Co-Parent
- 05:00 Court Hearing
- :-- Using Professionals Quiz
- 01:00 Using Professionals Quiz Answer Key

Unit 10: New Partners and New Families

- 01:00 New Partners and New Families
- 02:00 Dating
- 01:00 Prepare New Partners to Stay Calm
- 01:00 Cohabitation
- 01:00 Wait to Re-Marry
- 01:00 If You Commit to a New Relationship
- 03:00 New Partners and Parenting Issues
- 01:00 What to Call Your New Partner?
- 01:00 Managed Emotions and Flexible Thinking
- 01:00 Your Co-Parent's Life Changes
- 01:00 New Custody Disputes
- 01:00 Changes in the Schedule
- 02:00 Making Proposals for Changes
- 01:00 Not Too Rejecting, Not Too Close
- 01:00 Mediation and Other Methods
- 01:00 Mediation and Domestic Violence
- 01:00 New Partners in Mediation
- 01:00 New Partners in Court
- 01:00 New Partner's Children
- 01:00 Counseling with Your New Partner

01:00 Counseling with Your New Family
01:00 Setting Limits
--- New Partners and New Families Quiz
01:00 New Partners and New Families Quiz Answer Key

Unit 11: Handling Financial Issues as Co-Parents

01:00 Handling Financial Issues as Co-Parents
01:00 Five Areas of Financial Issues
01:00 Exchanging Financial Information
03:00 Child Support
03:00 Alimony (“Spousal Support” or “Spousal Maintenance”)
03:00 Property Division
01:00 Tax Issues
01:00 Bankruptcy
01:00 Hiding Money
01:00 Court and “Discovery”
01:00 Don’t Destroy Your Records
01:00 Collaborative Divorce
07:00 Mediation
01:00 Handling Financial Issues as Co-Parents Quiz
01:00 Handling Financial Issues as Co-Parents Quiz Answer Key

Unit 12: How to Avoid Becoming a “High-Conflict” Case

01:00 How to Avoid Becoming a “High-Conflict” Case
01:00 One or Two High-Conflict People?
01:00 Unmanaged Emotions in Court
01:00 “Frequent Filers”
03:00 Managing and Making Decisions
01:00 Using the Four Big Skills
02:00 Avoid Extreme Behaviors
01:00 Avoid Labeling
01:00 Checking Yourself
04:00 Anticipating Problems
01:00 Positive Behaviors
01:00 When to Go Back to Court?
02:00 New Issues
01:00 Abuse Issues Later On

01:00 Changing Parenting Orders
01:00 Alienation Issues
01:00 Avoid Anger at Your Child
01:00 When Should You Stop Fighting at Court?
05:00 Children Absorb the Conflict
03:00 The Limitations of Court
--:-- Looking Ahead
--:-- How to Avoid Becoming a “High-Conflict” Case Quiz
01:00 How to Avoid Becoming a “High-Conflict” Case Quiz Answer Key

Final Exam

--:-- Final Exam

Survey

--:-- Survey

Completion

--:-- Completion