



# Online Parenting Programs

## 12-Hour Co-Parenting/Divorce Class

Level 1 foundational co-parenting class focusing on families in transition. Parents learn skills to avoid common mistakes in an effort to work together with their co-parent for the sake of the children.

### Welcome

- Welcome
- Major Terms
- Identify Your Co-Parent Relationship

### Intake Forms

- Court Case Information
- Demographic Information
- Relationship Information
- Pre-Class Assessment - Part I
- Pre-Class Assessment - Part II

### Taking Care Of You

- Unit 1 - Taking Care of You
- Before This Unit
- What Will You Learn
- Divorce and Separation
- Grief and Loss
- Adult Attachment
- Stages of Adjustment
- Handling Anger
- Telling Your Parents
- Thinking about Stress
- Managing Stress
- Stay Safe
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

### Taking Care of the Children

- Unit 2 - Taking Care of the Children
- Before This Unit
- What You Will Learn
- Childrens Reactions
- Ages and Stages
- Talking about Difficult Topics
- Talking with Children
- Children's Stress
- Lowering Stress
- Attachment
- Supporting Children
- Caution Areas!
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

### Managing as a Single Parent

- Unit 3 - Managing as a Single Parent
- Before This Unit
- What Will You Learn
- Managing Communication
- New Communication Styles
- Communication and Break-Ups
- Managing Children's Behavior
- When Children Break the Rules
- Managing Finances
- Managing Conflict
- New Partners
- Blended families
- What Did You Learn
- At The End of This Unit
- Optional Reading
- Optional Reading 2
- Additional Resources
- Sources

### Co-Parenting

- Unit 4 - Co-Parenting
- Before This Unit
- What You Will Learn
- New Partnerships
- Effective Co-parenting
- Protect Children
- Disciplining with Your Co-Parent
- Expanding the Circle
- Family Strengths
- When Co-Parenting Does not Work
- Absent Parents
- What Did You Learn
- At The End of This Unit
- Additional Resources
- Sources

### Moving Ahead

- Unit 5
- Before This Unit
- What You Will Learn
- Dealing with the Law and Legal Systems
- Finding Your Focus
- Custody Evaluation Process
- Making Decisions
- Caring for the Children
- Contact with Extended Family
- Designing a Parenting Plan
- What Did You Learn
- At The End of This Unit
- Optional Reading
- Additional Resources
- Sources

### Final Exam

### Survey

### Completion