



# Online Parenting Programs

## 16 Hour Online High-Conflict / Anger Management

### New Ways Introduction

- New Ways Intro

### Intake Forms

- Court Case Information
- Demographic Information
- Relationship Information

### 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 (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
- 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: 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

### Unit 7: Child Development Goals

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

### Unit 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
- 0 - 4 Years
- 5 - 12 Years
- 13 - 18 Years
- 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
- Parenting Schedules Quiz
- Parenting Schedules Quiz Answer Key

### Unit 9: Using Professionals

- Using Professionals
- Counselors
- 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

### Unit 10: 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
- Your Co-Parent's Life Changes
- New Custody Disputes
- Changes in the Schedule
- Making Proposals for Changes
- Not Too Rejecting, Not Too Close
- Mediation and Other Methods
- Mediation and Domestic Violence
- New Partners in Mediation
- New Partners in Court



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- 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

## Unit 11: Handling Financial Issues as Co-Parents

- Handling Financial Issues as Co-Parents
- Five 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 Your Records
- Collaborative Divorce
- Mediation
- Handling Financial Issues as Co-Parents Quiz
- Handling Financial Issues as Co-Parents Quiz Answer Key

## Unit 12: 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

## Unit 13: Parent-Child Foundations

- Parent-Child Foundations
- The 4 BIG Skills
- Parent-Child Talk
- Living in Two Houses

- Avoid Putting Your Child In The Middle
- Extreme Behaviors
- Managing Our Emotions
- Flexible Thinking
- Rules in Both Houses
- Age Appropriate Tips
- Tips For Talking To Your Co-Parent
- Quiz Questions

## Unit 14: Managing Children Emotions

- Managed Emotions
- Benefits of Managed Emotions
- Ways To Manage Emotions
- Calming Intense Emotions
- Emotions are Contagious
- Age Appropriate Tips
- Tips for Managing Emotions with Your Co-Parent
- Quiz Questions

## Unit 15: Flexible Thinking for Children

- Flexible Thinking
- All-or-Nothing Thinking
- Your Child's Thoughts and Concerns
- Solving Problems with Flexible Thinking
- Flexible Thinking in Divorce or Separation
- Making Proposals
- Changes in Your Family

- Age Appropriate Tips
- Tips for Using Flexible Thinking with Your Co-Parent
- Quiz Questions

## Unit 16: Managing Behaviors

- Moderate Behavior
- Regretting Extreme Behavior
- Trying Moderate Behaviors
- New Behaviors with the Other Parent
- Checking Yourself
- Age Appropriate Tips
- Tips for Using Moderate Behaviors with your Co-Parent
- Quiz Questions
- Resources

## Final Exam

- Final Exam

## Survey

- Survey

## Completion

- Completion