



Online Parenting Programs

8 Hour Online Parenting Without Conflict

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

Final Exam

- Final Exam

Survey

- Survey

Completion

- Completion