



# Online Parenting Programs

## 4 Hour Online Parent-Child Class

### Intake Forms

- Court Case Information
- Demographic Information
- Relationship Information

### Unit 1

- Welcome
- 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

### Unit 2

- 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

### Unit 3

- 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

### Unit 4

- 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
- Resources

### Final Exam

- Final Exam

### Survey

- Survey

### Completion

- Completion