Co-Parenting/Divorce Class Outline
For divorcing, separated or never married couples who have been court ordered or recommended to attend a co-parenting class.

12 Hour Online Parenting Skills
cost: $39.99 ea. (Low-income discounts available)

Unit 1 - How Co-Parenting Affects Family Dynamics
How to Co-Parent (Wisely)
Helping Your Children Cope
Decrease Negative Effects of Separation
Extra Reading: Discussing Separation With Your Children
Extra Reading: What to Explain and How
Extra Reading: Creating a Healthy Home Environment

Unit 2 - The Impact of Changes in Family Structure on Children
Age-Appropriate Reactions
Adjusting to Family Dynamics

Unit 3 - Avoid Common Parenting Mistakes
How You Communicate
Establish a Business-Like Relationship
Keep Your Children Out of the Middle
High-Conflict
Coping with Anger
Abuse and Domestic Violence
Substance Abuse
Extra Reading: Victims and Abusers
Extra Reading: Substance Abuse and Children
12 hour Co-Parenting Class (con.)

Unit 4 - Making Shared Parenting Work
  Creating Secure Attachments
  Successful Co-Parenting
  Financial Issues
  Medical Information
  Holidays and Events
  Extra Reading: Co-Parenting Children with Special Needs

Unit 5 - Co-Parent Mediation
  Mediation
  Extra Reading: Co-Parent Mediation

Unit 6 - Ages and Stages
  Infants (Birth to 12 Months)
  Toddlers (1 to 3 Years)
  Preschoolers (3-5 Years)
  Elementary Children (5 - 13 Years)
  Teenagers (13 to 18 Years)

Unit 7 - The Alienated Child
  Alienators and Alienated Parents
  Impact of Parental Alienation on Children
  Realistic Estrangement and Allegations

Unit 8 - Non-Residential Parenting
  For the Non-Residential Parent
  Coping With the Holidays
  Conflict

Unit 9 - Long Distance Parenting
  A Commitment to Communicate
  Advice for Long Distance Parenting
  Challenges of co-parenting over long distances

Unit 10 - Absentee Parents
  Absent Parent - Questions and Answers
  Reunification

Unit 11 - Financial Fairness
  Financial Considerations
  Child Support
  The Financial Stages of Separation
  Cost Effective Co-Parenting
  Single Parent Finances
  Extra Reading: Finances and Your Credit
12 hour Co-Parenting Class (con.)

Unit 12 - New Relationships
- New Relationships and Dating
- Once You Have Started Dating
- Introducing Your New Partner
- When Your Co-Parent is Dating

Unit 13 - Blended Families
- Cohabitation Considerations
- Begin the Blended Family
- Roles of the Adults in a Blended Family
- Bringing Children into the Picture
- The New Baby

Unit 14 - Abuse and Neglect
- What Is Abuse and Neglect?
- When is a Child at Risk?
- Facts and Prevention
- Visitation
- Gathering Evidence
- Concerned about Child Abuse

Unit 15 - Character Building and Social Skills
- Conflict is a Healthy and Important Factor in Personal Growth
- Benefits of Conflict Resolution Skills
- Conflict Resolution vs. Anger Management
- Five Types of Conflict
- Responses to Conflict
- Conflict Behavior
- Measuring Your Conflict Style
- De-Escalating Conflict or Violence
- Find the Difference Between Position and Interest/Need

Unit 16 - Designing a Parenting Plan
- What is a Parenting Plan
- Writing Up a Parenting Plan
- Making Parenting Plans Work
- Extra Reading: Safety Focused Parenting Plans

If you are a low income parents interested in taking a class there are options to help reduce class costs.