

Post Separation Parenting

PARENTS MANUAL

New Ways for Families

DELIVERED IN AUSTRALIA
BY INTERACT SUPPORT
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COURSE LOGIN

1st Login: <https://mi.study247.online/register> **Join Code:** 897EYJ

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Using this Journal

The journal is provided to provide you with a permanent copy of your course responses.

There are three types of questions:

- **Self-reflection questions** - they encourage you to think about what you have done and how you have managed in the past. They are for your own benefit and you do not have to provide these answers in the course work
- **Life Application questions** - life application questions are about what you can do in the future with the information you are learning. They are essential for you to complete to get the most from the course. Record your answers in your journal.
- **Quizzes** - there are a number of self-marking quizzes that help you to practice what you are learning. Complete these online in the course. You don't have to write them down in your journal.

New Ways Coaching

We have coaches available who can assist you with learning and integrating the material in this course.

If you are court ordered to complete a post-separation parenting course such as New Ways for Families you may be required to work with a group or individually with a coach. Check with your lawyer or court orders if you have been ordered to participate.

You can participate in a world wide community of parents who have participated in the new ways training with membership of the Co-parenting Playbook site <https://www.conflictplaybook.com/>

Module One: Coping with Stress (Managed Emotions)

Coping with Stress

Every day we have plenty of opportunities to get angry, stressed or offended. But what you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you.

[Joel Osteen](#)

Self-Reflection: How do you usually cope with stress?



Think about and write down in your journal a few of the ways you usually cope with stress.

Online Learning

Read the ***Coping with Stress (Managed Emotions)*** page in your course and watch the ***Impact of Divorce*** video. <https://mi.study247.online>

Life Application: How do you express your feelings?



Think of one time that you acted on feelings and the outcome it had.

Did it help solve the problem or did it make the situation worse?

Calming yourself

Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.

[Marilu Henner](#)

Self-Reflection: How do you calm yourself?



Think about the last time you were sad or angry or frustrated.

How did you eventually calm yourself down?

Online Learning

Read the *How to Calm Yourself* page in the course and the three good ways to calm your upset emotions.

<https://mi.study247.online/courses/4/>

Life Application: Calming yourself



Think about some ways you can calm yourself.

1. Write down a situation when you took a break and it helped you calm down.

2. Write down a situation that might occur in the future, when you might need to take a break.

3. Write down what you would say in the situation above in question #2, so that you could take a break.

4. Think of three natural people you could call when you are upset. Write their names here.

Online Learning

Complete **Quiz One - How to calm yourself quiz** in the online course.

<https://mi.study247.online/courses/4/>

Our Brains Under Stress

The emotional brain responds to an event more quickly than the thinking brain.

Daniel Goleman

Self-Reflection: Our brains under stress



1. Think of a time when you were upset and negative feelings helped you solve a problem.

Write it down here.

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2. Think of a time when you were upset and negative feelings got in the way of solving a problem, or created a problem. Write it down here.

Online Learning

Read the ***Our Brains Under Stress*** page in the course and watch the video by Bill Eddy talking about what happens when our brains are under stress. <https://mi.study247.online/courses/4/>

Self-Reflection: What did you learn?



What was the most important information you learned about your brain in this section?

Life Application: Our brains under stress



Look at what you wrote down above for your journal entry.
How can you apply this information to your daily life?

Encouraging Statements

It's not what you say out of your mouth that determines your life, it's what you whisper to yourself that has the most power.

Robert T. Kiyosaki

Self-Reflection: Encouraging Statements

Think of some encouraging statements that other people have told you that made you feel better about an upsetting situation.

You can also think of a situation you saw someone else in, even something on TV or in a movie where someone was under a lot of stress and calmed themselves down.



Write down some of these encouraging statements.

Online Learning

Read the ***Encouraging Statements*** page in the course and watch the video of a counselling session with Sarah.

<https://mi.study247.online/courses/4/>

Life Application: Encouraging Statements



Write down three encouraging statements you can tell yourself when you're upset.

You can think back to times when you were upset and you calmed yourself down in a stressful situation and succeeded at it.

Online Learning

Read the ***Checking your encouraging statements and encouraging statements under stress*** pages in the course and find out more about the value of repetition and making sure that you avoid discouraging statements. <https://mi.study247.online/courses/4/>

Life Application: Encouraging statements under stress



Stressful Situation One

Think about a time in the next week when you might be facing a situation that's going to be stressful.

It doesn't matter if it's with your co-parent, with your child, with a co-worker, with your boss, with your uncle, or with your mother. Whatever it is, just picture a time that you think might be stressful this week. Write it down.

Encouraging Statement One

Next picture yourself saying your encouraging statement in that situation, keeping yourself calm, listening, thinking, or solving problems. Whatever the process you are staying calm so you can think. That means you're going to use your problem-solving brain, likely your left hemisphere, versus your defensive reactor, more likely your right hemisphere's defensive part.

Picture yourself using your encouraging statement. If the encouraging statement doesn't feel right for the situation, then think of a new one that would be, and remember, keep it totally encouraging. Don't have any discouraging aspects to it. Write down your encouraging statement here.

Stressful Situation Two

Now think of another situation where you might be under stress. Write it down.

Encouraging Statement Two

Under that stress, what encouraging statement can you tell yourself? Write it down.

This gives you at least two situations in the coming week that you're prepared for.

Online Learning

Complete **Quiz 2: Encouraging Statements.**

<https://mi.study247.online/courses/4/>

Mirror Neurons

Children learn from what is practiced...not what is preached.

Unknown Author

Self-Reflection: Mirror Neurones



Think of two examples in which someone wanted you to feel the same way they felt. Maybe that person was sad or angry and wanted you to feel sad and angry too.

How did it feel to be put in this situation?

Online Learning

Read the ***Mirror Neurons*** page in the course and find out about contagious emotions. <https://mi.study247.online/courses/4/>

Notes

Life Application: picking up on emotion



Write down an example of when you picked up the feeling another person was having, and when you realized it.

Write down a statement you can use to avoid picking up on other people's feelings in this situation

Write down another example of when you picked up the feeling another person was having, and when you realized it.

Write down a statement you can use to avoid picking up other people's feelings in this type of situation

Online Learning

Read the ***Calm your own emotions*** page in the course to find out more about problem solving responses and defensive reacting responses. <https://mi.study247.online/courses/4/>

Emotions and Children

Emotional intelligence begins to develop in the earliest years. All the small exchanges children have with their parents, teachers, and with each other carry emotional messages.

Daniel Goleman

Self-Reflection: Emotions and Children



Have you ever caught yourself expressing your upset emotions about the divorce or separation to your children?

How did they react? Did they mirror your emotions?

Online Learning

Read the *Emotions and Children* and watch the video on *Help Build Healthy Brains* and then read the mixed emotions page.

<https://mi.study247.online/courses/4/>

Life Application: Protecting your children



How can you protect your children from your upset emotions during the separation or divorce process?

There are several ways, which especially include keeping your intensely upset emotions about the other parent out of sight and hearing of the children.

1. List three ways you can keep your intense emotions out of sight and hearing of your children.

2. List 2 other ways you can protect your children from your upset emotions.

Regular positive comments about the other parent builds resilience against any negative statements and emotions that children do see and hear.

3. List three positive qualities of the other parent that you can say regularly to your children.

Online Learning

Do **Quiz 3 – Emotions Questions** and if you have young children have a look at the ***Additional Resources*** from Sesame Street to help young children to understand about divorce and separation.

<https://mi.study247.online/courses/4/>

Top Three Parenting Skills

If you can control your behaviour when everything around you is out of control, you can model for your children a valuable lesson in patience and understanding...and snatch an opportunity to shape character.

Jane Clayson Johnson

Self-Reflection: Top three parenting skills



Think of a recent situation in which your child came to you upset.

How did you react?

Online Learning

Read the ***Top Three Parenting Skills*** page in the course to find out more about what is important for good parenting.

<https://mi.study247.online/courses/4/>

Life Application: Modelling Healthy Relationship Skills



In the next week, focus on modelling healthy relationship skills with other adults in your life – friends, family members and even your co-parent (even if communication is only by text or email).

Before responding to an upsetting situation with another person, stop and think about what your child might learn as they watch you respond to that situation. Calm yourself before responding to that person.

What are some ways that you can model positive relationship skills for your child?

Goal Setting for managed emotions

*Don't let your emotions distract you from doing what needs to be done.
Control your emotions or your emotions will control you.*

Unknown Author

Online Learning

Read the ***Goal setting for managed emotions*** page to prepare for setting your managed emotion goal and complete Quiz 4 – Module One Review Quiz. <https://mi.study247.online/courses/4/>

Life Application: Goal for managing your emotions



Write down your specific goal for managing your emotions.

Module Two: Flexible Thinking

Solving co-parenting problems with flexible thinking

Keep calm and stay open-minded.

Unknown author

Self-Reflection: Solving co-parenting problems with flexible thinking



Take a moment to think about this question.

What does flexible thinking mean to you?

Online Learning

Read the *Solving co-parenting problems with flexible thinking* page.

<https://mi.study247.online/courses/4/>

Influencing your co-parent

Setting an example is not the main means of influencing others, it is the only means.

Albert Einstein

Self-Reflection: Influencing your co-parent



Think about how you and your co-parent usually communicate.

Is your method of communication working well?

Is there room for improvement?

Online Learning

Read the **Influencing your co-parent** page and watch the counselling session with Brad.

<https://mi.study247.online/courses/4/>

Life Application: Influencing your co-parent



Think of someone in your life who often uses all-or-nothing thinking.

Write an example of what he/she would say.

Write two realistic statements about your life that are *not* all-or-nothing thinking. For example, “I can learn new ways of doing things, regardless of how I did things in the past.” or “My partner/spouse may be able to change some of his/her parenting behaviours. Let’s see”

In the coming week, notice if anyone uses all or nothing thinking, but also notice if you're using all or nothing thinking.

Flexible thinking

In the future, instead of striving to be right at a high cost, it will be more appropriate to be flexible and plural at a lower cost. If you cannot accurately predict the future then you must flexibly be prepared to deal with various possible futures.

Edward de Bono

Online Learning

Read the ***Flexible thinking*** page and watch the ***What is flexible thinking video*** to learn about the first of two ways to think flexibly.

<https://mi.study247.online/courses/4/>

Life Application: Write a List



Let's suppose you wrote the following list of problems

Write down some possible solutions next to each problem.

Problem	Solutions
1. I don't know what the rules are about child support.	
2. My co-parent calls me and yells at me a lot.	
3. I have a party this weekend that starts when I'm supposed to be returning the children to my co-parent. I don't know what to do.	

Flexible Thinking: deciding about the party part two



Which solution did you think was best? B or C.

Write down below which one you thought was better and why. No need to upload your answer to the course.

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Online Learning

Read the three *Flexible thinking example* pages to see if your ideas matched up with some of the ideas our team came up with.

<https://mi.study247.online/courses/4/>

Life Application: Flexible Thinking



Think about one problem you've had in the last week and write down three possible solutions.

This gives you a starting point. Now, you can take this list and, in the next week or so, spend time thinking of more possible solutions and about the best way to address the problem.

Problem	Possible solutions

Making Proposals

During a negotiation, it would be wise not to take anything personally. If you leave personalities out of it, you will be able to see opportunities more objectively.

Brian Koslow

Self-Reflection: Making Proposals



What have you found to be the best way for you and your co-parent communicate?

Maybe it's by email, by text message, over the phone, or through a FDR Practitioner or lawyer

Online Learning

Read the ***Making Proposals*** page to find out more about how to make proposals successfully and watch the **video example**.

<https://mi.study247.online/courses/4/>

Self-Reflection: Making Proposals – expected response from the other parent



Write down your thoughts on how your co-parent might respond to this technique of “making proposals.”

Is it something you think would help your communication in the future?

Preparing to make proposals

If you come to a negotiation table saying you have the final truth, that you know nothing but the truth and that is final, you will get nothing.

Harri Holkeri

Self-Reflection: Preparing to make proposals

It's always helpful to think about what *does* work for you and your co-parent so you can apply the same behaviours to future conversations. So, think about the last time you had a calm, productive conversation with your co-parent in which you both agreed to something.



What do you think helped you both to stay calm during that conversation in order to come to an agreement? Was it positive tone of voice? Positive facial expression? Did one person offer something in return?

Online Learning

Read the ***Preparing to make proposals*** page to see an example of how the process can work. <https://mi.study247.online/courses/4/>

Life Application: Issue for resolution



Write down one issue that you and your co-parent need to resolve regarding your child(ren)

Now, list three proposals you can make to the other parent regarding that issue. Remember to include Who does What, When and Where.

Remember to use your Flexible Thinking skills from last module!

Issue	Proposals

Self-Reflection: Issue for resolution



How do you think your co-parent will respond to your proposals?

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Online Learning

Do *Quiz 5 – Flexible Thinking*. <https://mi.study247.online/courses/4/>

Gathering Information

More information is always better than less. When people know the reason things are happening, even if it's bad news, they can adjust their expectations and react accordingly. Keeping people in the dark only serves to stir negative emotions.

Simon Sinek

Self-Reflection: Gathering Information



Think a little more about what decisions need to be made and what issues need to be resolved between you and your co-parent.

What additional information do you think need to make that decision or resolve that issue?

Online Learning

Read the ***Gathering Information*** page.

<https://mi.study247.online/courses/4/>

Self-Reflection: Where to gather information

Look at the list of information you need in the previous self-reflection question. Where do you think you might find that information?



If you don't know, try asking a professional, doing your own research online, or reaching out to local resources that offer information on the topic.

Remember when researching online make sure that any legal information is relevant to Australia and not another country.

Proposals with a lawyer or mediator

Empowerment is being aware that there is no one to blame for my choices and actions; that I have a personal choice and responsibility for my life.

Unknown Author

Online Learning

Read the ***Proposals with a lawyer or mediator*** page and ***watch the video*** example of Sarah working with her lawyer on her proposal.

<https://mi.study247.online/courses/4/>

Self-Reflection: What you can control



Divorce or separation is a time of emotional crisis. It can be difficult to make decision. You may feel as if things are happening “to” you and as if you have no control over your life.

Think about some choices you can make that you do have control over.

- Maybe it's the way you respond to your co-parent's email or phone call.
- Maybe it's purposefully setting aside time to write your life goals in a journal or to practice self-care.
- Maybe it's setting clearer boundaries with your co-parent or someone else in your life.

There are many small ways we can make our own choices rather than reacting to the choices of others.

Take a moment to write down a few things that you do have control over that will help you to feel a bit better or do something to improve your relationship with your co-parent.



Ways of using flexible thinking

You cannot control other people. You can only control your reactions to them.

Unknown Author

Self-Reflection: ways of using flexible thinking



1. In what ways can you better use flexible thinking when communicating with your co-parent?

2. How about when communicating with your child?

Online Learning

Read the *Setting a flexible thinking goal* page.

<https://mi.study247.online/courses/4/>

Life Application: What is your Flexible thinking goal?



Write down a goal for yourself to focus on what you have learnt in the flexible thinking module of your course.

What is your goal that will help you to improve communication with your co-parent or with your child?

Online Learning

Do *Quiz 6 – Flexible thinking review quiz*.

<https://mi.study247.online/courses/4/>

Module Three: Avoiding Over Reacting (Moderate Behaviours)

Avoid Over Reacting

Don't make a permanent decision based on your temporary emotion.

Unknown Author

Self-Reflection: Avoid Over Reacting



Think of two extreme behaviours that you regretted after you calmed your upset emotions.

Write them below.

Online Learning

Read the ***Avoid over reacting*** page and think about what may have prompted your extreme behaviour that you listed above.

<https://mi.study247.online/courses/4/>

Self-Reflection: Over Reactions



In the two situations you listed in the previous self-reflection question about times you over reacted, what extreme feelings were you acting on?

Maybe your behaviour was driven by anger, sadness or frustration?

Or maybe being overwhelmed by multiple feelings?

Take a moment to think about these feelings you were experiencing and write them down below.

Over reaction situations	Feelings you were experiencing

Notes:

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Moderate Behaviours

It's not the situation, but whether we react negatively or respond positively to the situation that is important.

Zig Ziglar

Self-Reflection: Moderate and Extreme Behaviours



What types of behaviours do you think are *extreme* behaviours?

Extreme Behaviours	
Moderate Behaviours	

Online Learning

Read the ***Moderate Behaviours*** page.

<https://mi.study247.online/courses/4/>

Self-Reflection: What did you learn about moderate and extreme behaviours?



What is the most important thing you learned from the video of Brad and Sarah?

Online Learning

Do **Quiz 7 - Moderate or Extreme Behaviour Quiz** and read the **Behaviour Questions Review**

<https://mi.study247.online/courses/4/>

Life Application: Moderate or Extreme Behaviours



Think of two situations where you felt like doing an extreme behaviour, but did a moderate behaviour instead.

Write the behaviour you *felt* like doing, and then write what you actually

did. <https://mi.study247.online/courses/4/modules/items/3458>

Felt like doing	Actually did

Look again at the two situations you considered above and answer these questions:

- How did you feel after you did the moderate behaviour?
- How did other react to your moderate behaviour? Do you think it helped the situation?

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Writing Emails

Writing Emails Videos

We're now seeing email that people thought they had deleted showing up as evidence in court. You can't erase email. As that becomes more commonly realized, people will be a little wiser about what they type.

Judith Martin

Online Learning

Read the **Writing Emails video** page and watch the two videos.

<https://mi.study247.online/courses/4/>

Self-Reflection: responding to hostile emails



Do you receive hostile emails, like Julia did, from your co-parent?

If so, how do you usually respond to the other person's personal attacks and inaccurate information?

Online Learning

Read the **Practice writing emails with BIFF** page and watch the videos.

<https://mi.study247.online/courses/4/>

Practice writing emails with BIFF

Life Application: Practice email



See if you can write a BIFF Response to the e-mail to Jerry, pretending that you are Jerry and you're writing a response to Connie.

Make sure your response is Brief, Informative, Friendly and Firm.

Online Learning

Read the *Jerry's response email* page and watch the video.

<https://mi.study247.online/courses/4/>

Self-Reflection: Your BIFF Response Email



Look at your BIFF Response and see how it compares to Jerry's BIFF Response. Would you make any changes? If so write your new response and any insights into your journal.

If you want more information about BIFF Responses, visit the [BIFF Response website](#)

Responding to several people

The truth is like a lion. You don't have to defend it. Let it loose. It will defend itself.

Saint Augustine

Online Learning

Read the ***Responding to several people*** page and consider Joe and Jane's example.

<https://mi.study247.online/courses/4/>

Life Application: Responding to emails



Next time you get an email from your ex, try to wait an hour before responding to email.

Then, focus on writing a BIFF Response.

Think about the questions presented in this chapter and the videos to make sure it is Brief, Informative, Friendly and Firm.

Notes:

Coaching for BIFF Responses

Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.

Napoleon Hill

Self-Reflection: Review of your recent emails

Think about your recent e-mails with your co-parent and review the 10 BIFF Response characteristics (reminder is on the next page).

How can you make your own email responses mirror that of a BIFF Response?



Maybe you can make them a little firmer? Maybe briefer?
Maybe remove reprimands and criticisms?

Write down a few changes you think you can make in the future so that your emails look like a BIFF Response.

Online Learning

Read the ***Coaching for BIFF Response*** page and watch the additional videos if you are interested in learning more.

<https://mi.study247.online/courses/4/>

Life Application: Using BIFF



In the next week, remind yourself to use a BIFF Response when you send any e-mail.

How can you remind yourself to do this?

Using BIFF Responses to look good

For email, the old postcard rule applies: Nobody else is supposed to read your postcards, but you'd be a fool if you wrote anything private on one.

Judith Martin

Online Learning

Read the ***Using BIFF Responses to look good*** page to consider the value of using BIFF to look good in court.

<https://mi.study247.online/courses/4/>

Life Application: What was the most helpful part of this Chapter on Avoiding Over-Reacting (Moderate Behaviours)



What was the most helpful part of this chapter?

Self-Reflection: Incorporating Moderate Behaviours into your life

How can you incorporate moderate behaviours into your life?

Maybe it's behaving moderately during visitation exchanges with your children.



Maybe it's responding moderately to an email or maybe it's responding moderately when your co-parent requests to drop off your children later than usually after their parenting time.

Apply these behaviours to your own situation.

Write down a few ideas here.

Online Learning

Complete **Quiz 8 - Review Quiz** and read the **Review** page to review what you have learnt so far. <https://mi.study247.online/courses/4/>

Review

Life Application: Moderate Behaviour Goal



Think of a goal for moderate behaviour going through the rest of the class.

Think about something, perhaps about the coming week or over these several weeks, something you want to work on, so your behaviour can be more managed.

Whether it's face-to-face dealing with your co-parent, something in raising your children, or dealing with family members, you'll want to use moderate behaviours.

Module Four: Checking Yourself

Checking Yourself

Take advantage of every opportunity to practice your communication skills so that when important decisions arise, you will have the gift, the style, the sharpness, the clarity and the emotions to affect other people.

Jim Rohn

Self-Reflection: Checking yourself



Take a moment to think about the responses you provided about calming yourself with encouraging statements and techniques for managing your emotions in the previous classes.

Have you been able to use them in the past few weeks?

Life Application: Remembering to check yourself



What are some ways you can remember to “Check Yourself” during the next week?.

Online Learning

Read the *Checking yourself* page and watch the videos of Brad and Dawn.

<https://mi.study247.online/courses/4/>

Self-Reflection: Behaviour in front of your children



Since you started the course and learning about the 4 Big Skills have you been able to demonstrate managed emotions, flexible thinking and moderate behaviours in front of your children?

If not, why not?

If not, what can you do instead in the future?

Online Learning

Read the *Types of co-parents* page.

<https://mi.study247.online/courses/4/>

“I’m Very Superior” Co-Parent

Online Learning

Read the *I’m Very Superior Co-Parent* page and the “*I’m Very Superior*” personalities Quiz. <https://mi.study247.online/courses/4/>

Self-Reflection: Indirect Reasons

Think about how you can use indirect reasons for behaviour change when asking your co-parenting to do something, such as “The judge wants us to do ABC, and I think he would be really impressed if we did that before the next hearing.”



What external authority could you use to help your co-parent to consider your proposals?

“Love You, Hate You” Co-Parent

Online Learning

Read the *Love You, Hate You Co-Parent* page.

<https://mi.study247.online/courses/4/>

Self-Reflection: Boundaries and Expectations

Does your co-parent behave in these ways? If so, how do you usually deal with this wide range of emotions by your co-parent?

Are you able to react moderately and with managed emotions? Think about how you and your co-parent currently operate.

Are the boundaries and expectations clear?



You can create clear expectations by deciding who will do what, when, and stick to them.

Write down a few ideas here that you could propose to your co-parent.

“Con Artist” and “Really Scary” Co-Parent

Online Learning

Read the *Con Artist and Really Scary Co-Parent* page.

<https://mi.study247.online/courses/4/>

Self-Reflection: Staying Safe

Do you think that your co-parent has "Con Artist", "Really Scary" or both tendencies?

If they do remember to keep a healthy scepticism.



Verify anything they ask you to believe, before you act. Be alert for unusual stories that require you to do something.

Think about the sort of things you could be more sceptical about in the future if you have this type of Co-Parent and write them here.

“Always Suspicious” Co-Parent

Online Learning

Read the *Always Suspicious Co-Parent* page.

<https://mi.study247.online/courses/4/>

Self-Reflection: Matter of Fact Speaking

Do you think your co-parent has "Always Suspicious" co-parent tendencies?

The next time your co-parent misinterprets an ordinary event, try to briefly clarify the real information in a matter-of-fact way, and say something like: “You know, we have to do this because this is part of the rules.” Or: “We can’t do that, because this is the rule.” or “This is something standard for children of this age group.”



We will be giving you information about developmental issues for different age groups later in this twelve-session course.

What are some things that you can say to help deal with an "Always Suspicious" co-parent?

“Always Dramatic” Co-Parent

Online Learning

Read the *Always Dramatic Co-Parent* page.

<https://mi.study247.online/courses/4/>

Self-Reflection: Don't get emotionally hooked

Do you think that your co-parent has "Always Dramatic" co-parenting tendencies?

If they do, don't get emotionally hooked, remember – emotions are contagious!



Instead, choose your battles, focusing on what is the most essential.

What are 1-3 small tasks you want to accomplish that you can focus on.

Checking yourself before mediation

Every day we have plenty of opportunities to get angry, stressed or offended. But what you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you.

Joel Osteen

Self-Reflection: Checking yourself before mediation



How do you think you could prepare for mediation in a way that would help you remain calm and have moderate behaviours?

Online Learning

Read the ***Checking yourself before mediation*** page and do ***Quiz 10 - Prepare for Upsetting Statements during mediation***

<https://mi.study247.online/courses/4/>

Self-Reflection: Preparing for upsetting comments



Write down what you think the other person might say that would be upsetting during mediation or negotiation session. Then, write down how you could respond.

Negotiating Principals

The most common way people give up power is by thinking they don't have any.

Alice Walker

Self-Reflection: Check in

You have now completed almost four classes in this online course.

Have you been able to use flexibility thinking, managed emotions and moderate behaviours with your co-parent during the past few weeks?



Write down one example of how you have used one of these skills recently.?

Online Learning

Read the ***Negotiating Principals*** page for 12 do's and don't of negotiating with a High Conflict Co-Parent and watch the video then do the quiz.

<https://mi.study247.online/courses/4/>

Life Application: Remembering to check yourself



What are some ways you can remember to “Check Yourself” during the next week?

Life Application: Making Proposals



Think of one issue you need to resolve with your co-parent. Then, write down at least two proposals for resolving that issue that you can present to your co-parent

Module Five: Extreme Behaviours and the Effects on your Child's Brain

If your co-parent has extreme behaviour problems

The man with insight enough to admit his limitations comes nearest to perfection.

Johann Wolfgang von Goethe

Online Learning

Do **Quiz 11 – Quiz Questions** and read the ***If your co-parent has extreme behaviour problems*** and ***Substance Abuse*** pages and watch the video about Dawn and Skip talking about a substance abuse issue.

<https://mi.study247.online/courses/4/>

Substance Abuse

Self-Reflection – Substance Abuse



Is substance abuse a problem for you or your co-parent?

Note down any thoughts or ideas after reading the page and watching the video.

Domestic Violence

When anger arises, think of the consequences

Confucius

Online Learning

Read the **Domestic Violence** page and watch the video about Dawn and Skip talking about a separation incident.

<https://mi.study247.online/courses/4/>

Self-Reflection – Domestic Violence



Is domestic violence a problem for you or your co-parent?

Note down any thoughts or ideas after reading the page and watching the video.

Child Abuse

Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family.

Virginia Satir

Online Learning

Read the **Child Abuse** page. <https://mi.study247.online/courses/4/>

Self-Reflection – Child Abuse



Is child abuse a concern for you or your co-parent?

Note down any thoughts or ideas after reading the page and watching the video.

Anger Management

When angry count to ten before you speak. If very angry, count to one hundred

Thomas Jefferson

Online Learning

Read the **Anger Management** page and watch the video.

<https://mi.study247.online/courses/4/>

Self-Reflection – Anger Management



Is Anger Management a concern for you or your co-parent?

Note down any thoughts or ideas after reading the page and watching the video.

Effects of Stress on your Child's Brain

We worry about what a child will become tomorrow, yet we forget that he is someone today.

Stacia Tauscher

Online Learning

Read the ***Effects of Stress on your Child's Brain*** page and watch the video. <https://mi.study247.online/courses/4/>

Life Application – Protecting your child from stress



Has your child been exposed to a lot of stress?

Do you notice that they have problems controlling their emotions?

What can you do to reduce your child's exposure to stress in the future?

Child Alienation

The way we talk to our children becomes their inner voice

Peggy O'Mara

Online Learning

Read the ***Child Alienation*** page and watch the video and then the ***Family Counselling for Alienation*** page. If this is or could be an issue in your family read the additional resources pages on the High Conflict Institute page. <https://mi.study247.online/courses/4/>

Self-Reflection - Child Alienation

Is child alienation a problem with your children? Think about and write down some strategies to help.

Participating in Family Dispute Resolution to create a parenting plan may be one strategy.

Working with a well-qualified and competent family counsellor or therapist another.

- If you are the parent that the child is refusing to see or spend time with what can you do to help them and your co-parent see that you are safe and not a threat to them?
- If you are the parent that the child is living with are you treating their refusal the same way that you would treat their refusal to attend school or go to the dentist?



What options do you have to help them to have a healthy relationship with you both?

False Allegations of Abuse

Imbalanced systems, either internal or external, will tend to polarize.

Richard C. Schwartz

Online Learning

Read the ***False Allegations of Abuse*** page.

<https://mi.study247.online/courses/4/>

Self-Reflection – False Allegations of Abuse

Are false allegations a problem for your family?

Think about ways that you can gather evidence to support your innocence.

Drug tests may provide proof that you are not using or professional reports from therapists or other professionals may help.



Keeping accurate records of any altercation or incidents that occur so that you can provide your side of the story accurately months or years later in court is also going to be important if you have the type of co-parent who is likely to make false allegations.

If this is a problem for you or likely to become one, what can you do to reduce the risk or prove to the court that you are not abusive.

Parental Absence

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

Jane D. Hull.

Online Learning

Read the **Parental Absence** page.

<https://mi.study247.online/courses/4/>

Self-Reflection – Parental Absence



If your family has issues related to Parental Absence what can you do to help your children to deal with the issue of the parent's absence or re-introducing them to your children?

Staying out of Court

Peace is not absence of conflict, it is the ability to handle conflict by peaceful means.

Ronald Reagan

Online Learning

Read the ***Staying out of Court*** page.

<https://mi.study247.online/courses/4/>

Self-Reflection – Staying out of court



What benefits do you think there might be for your family in staying out of court or getting out of court?

What to tell the children

Be honest when you are with your kids, because you see your past in their eyes and they see their future in yours.

Nishan Panwar

Online Learning

Read the ***What to tell the children*** page.

<https://mi.study247.online/courses/4/>



Has your child been exposed to a lot of stress?

Do you notice that they have problems controlling their emotions?

What can you do to reduce your child's exposure to stress in the future?

Online Learning

Do ***Quiz 12 – Quiz Questions***

<https://mi.study247.online/courses/4/>

Module Six: Raising healthy children with your co-parent

Raising Healthy Children with your Co-parent

Children learn what is practiced, not what is preached.

Unknown author

Online Learning

Read the ***Raising Healthy Children with your co-parent*** page.

<https://mi.study247.online/courses/4/>

Self-Reflection – Good things you have both taught your children



1. Think of three good things that your children have learned from you.
2. Think of three good things that your children have learned from the other parent.

Good things the children have learned from me	Good things the children have learned from my co-parent

Four emotions that can interfere

If you can control your behaviour when everything around you is out of control, you can model for your children a valuable lesson in patience and understanding...and snatch an opportunity to shape character.

Jane Clayson Johnson, journalist

Online Learning

Read the ***Four emotions that can interfere*** page and watch the video. <https://mi.study247.online/courses/4/>

Self-Reflection – Encouraging Statements for Interfering Emotions



Think of three encouraging statements to tell yourself when feelings of guilt, fear, hopeless or anger start interfering with your co-parenting decisions.

Three types of co-parent co-operation

It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it myself.

Joyce Maynard

Online Learning

Read the **Three types of co-parent co-operation** page.

<https://mi.study247.online/courses/4/>

Self-Reflection – Three types of co-parent co-operation



1. What type of co-parent do you think you have? Mostly reasonable, difficult but safe or difficult but unsafe?
2. What type of co-parent do you think that they would say they have about you?

Healthcare Decisions

We may not be able to prepare the future for our children, but we can at least prepare our children for the future.

President Franklin D. Roosevelt

Online Learning

Read the **Healthcare decisions** page and do **Quiz 13 – Healthcare Questions**. <https://mi.study247.online/courses/4/>

Self-Reflection – Healthcare Agreements



If you and your co-parent have already decided how to handle healthcare for your children, write down your agreement.

If not, then list three proposals for handling this issue that you can propose to your co-parent in the future.

Education Decisions

We may not be able to prepare the future for our children, but we can at least prepare our children for the future.

President Franklin D. Roosevelt

Online Learning

Read the **Education decisions** page.

<https://mi.study247.online/courses/4/>

Self-Reflection – Education Decisions



- If you and your co-parent have already decided how to handle healthcare for your children, write down your agreement.
- If not, then list three proposals for handling this issue that you can propose to your co-parent in the future.

Extra-Curricular Activities

Children learn as they play. Most importantly, in play, children learn how to learn.

O. Fred Donaldson

Self-Reflection – What extra-curricular activities do your children enjoy?



- Think about the kinds of activities that your child or children currently enjoy. How can you and your co-parent continue to support these activities for your child or children?

Online Learning

Read the ***Extra-curricular activities*** page.

<https://mi.study247.online/courses/4/>

Self-Reflection - Decisions about extra-curricular activities?



- If you and your co-parent have already decided how to handle decisions about your children's extracurricular activities, write down your agreement.
- If not, then list three proposals for handling this issue that you can propose to your co-parent in the future.

Online Learning

Do **Quiz 14 – Excursions Questions**.

<https://mi.study247.online/courses/4/>

Changes to Schedule

Divorce is not easy, but if you genuinely put your kids first, that dictates the civility you should show each other. What example are you otherwise?

Dawn French

Online Learning

Read the **Changes to Schedule** page and **Daycare Providers**.

<https://mi.study247.online/courses/4/>

Day-care Providers

The greatest gifts you can give your children are the roots of responsibility and the wings of independence.

Denis Waitley

Self-Reflection - Decisions about child care



- If you and your co-parent have already decided how to handle decisions about your children's extracurricular activities, write down your agreement.
- If not, then list three proposals for handling this issue that you can propose to your co-parent in the future.

Changeovers

People respond in accordance to how you relate to them. If you approach them on the basis of violence, that's how they'll react. But if you say, 'We want peace, we want stability,' we can then do a lot of things that will contribute towards the progress of our society.

Nelson Mandela

Online Learning

Read the **Changeovers** page. <https://mi.study247.online/courses/4/>

Self-Reflection - Decisions about changeovers



- If you and your co-parent have already decided how to handle changeovers, write down your agreement.
- If not, then list three proposals for handling this issue that you can propose to your co-parent in the future.

Difficult but save and difficult but unsafe co-parents

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

Jane D. Hull

Online Learning

Read the ***co-parenting with a Difficult but safe co-parent*** and ***Co-parenting with a Difficult and unsafe co-parent*** and ***If you have anger management issues*** pages.. Do the ***Raising Healthy Children*** quiz. <https://mi.study247.online/courses/4/>

Module Seven: Child Developmental Goals

How one handles success or failure is determined by their early childhood.

- Harold Ramis

Online Learning

Read the ***Child Developmental Goals, Support your co-parent's relationship*** and ***Mention Positive Qualities*** pages.

<https://mi.study247.online/courses/4/>

Self-Reflection – Three Positive Things



List three positive qualities about your co-parent that you can talk to your child about..

Ages and Stages

The first five years have so much to do with the way the next 80 turn out.

Bill Gates

Online Learning

Read the following pages:

- ***Birth to 1 year old***
- ***1 to 3 year olds***
- ***3 to 5 year olds***
- ***5 to 12 year olds***
- ***12 to 18 year olds***
- ***Co-parenting adult children***

And do the ***Quiz 16 - Child Developmental Goals Quiz***

<https://mi.study247.online/courses/4/>

Self-Reflection – How can you help improve your child's development



List three ways you could help your child develop in a healthy way.

Module Eight: Parenting Schedules

The solution to adult problems tomorrow depends on how our children group up today.

Margaret Mead

Parenting Schedules

Online Learning

Read the ***Parenting Schedules*** and ***A Relationship with both of you*** pages. <https://mi.study247.online/courses/4/>

Self-Reflection – A relationship with both of you



List two ways you could support the other parent in teaching your children good skills..

Quality of the Attachment Relationship

Hugs can do great amounts of good - especially for children.

Princess Diana

Online Learning

Read the ***Parent Child Attachment, learning to manage their emotions, Learning about other people's emotions*** and ***Stability and Significant time*** pages. <https://mi.study247.online/courses/4/>

Self-Reflection – Stability



- How important do you think stability is to your child or children?
- If you have children in different age groups are their needs different?

Note down any tips or insights you picked up.

General Principals by age

Raising children is a creative endeavour, an art rather than a science.

Online Learning

Read the following pages:

- ***Birth to 1 year old***
- ***1 to 4 years***
- ***5 to 12 years***
- ***13 to 18 years***
- ***Young adults over 18 years***

<https://mi.study247.online/courses/4/>

Self-Reflection – Parenting Schedules



- If you and your co-parent have already decided how to share care of your children, write down your agreement.
- If not, then list three proposals for handling this issue that you can propose to your co-parent in the future.

Holidays

There's nothing to be gained, and much to be lost, trying to bend every child to match a one-size-fits-all notion of what it means to be a boy or girl of a specific age. Better to set a few parameters and then go with the flow. Call it 'jazz parenting'.

Ezekiel Emanuel

Online Learning

Read the following pages:

- ***Holidays***
- ***With a high conflict co-parent***
- ***First right of refusal***
- ***If a parent moves away***
- ***Developing your parenting plan***
- ***Getting realistic in mediation***
- ***If you talk directly***
- ***Restricted changeovers***

Then complete the **Quiz 17 - Parenting Schedules** Quiz

<https://mi.study247.online/courses/4/>

Changes to Parenting Plans

Divorce: a resumption of diplomatic relations and rectification of boundaries.

Ambrose Bierce

Self-Reflection – Parenting Plan Proposals



- Try to think of two proposals for good parenting plans if you don't already have one.
- Or two proposals to modify the parenting plan, if you have one but you think it needs some improvement.

The idea of two proposals helps you keep your flexible thinking and that will help make the other person feel less threatened, and more likely to work with you.

You can locate a Parenting Plan template on the Interact Support website - <https://interact.support/family-dispute-resolution-resources/>

Module Nine: Using Professionals

The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.

Winston Churchill

Using Professionals: Counsellors

Online Learning

Read the following pages:

- ***Using Professionals,***
- ***Counsellors,***
- ***A Counsellor for You*** pages.

<https://mi.study247.online/courses/4/>

Self-Reflection - Seeing a Counsellor



What would be a reason that *you* might decide to see a counsellor?

Online Learning

Read the following pages:

- *Counselling with your co-parent,*
- *Counselling with your child*
- *Family Counselling*
- *Psychologists*
- *New Ways Coaches*
- *Family Dispute Resolution*

<https://mi.study247.online/courses/4/>

Family Dispute Resolution Practitioners

Resolving conflict is rarely about who is right. It is about acknowledgment and appreciation of differences.

Thomas Crum

Self-Reflection – Family Dispute Resolution Practitioners



Write one thing that you learned about family dispute resolution mediation that you didn't know before.

Online Learning

Read the following pages:

- *Mediator Facilitated Negotiation*
- *Lawyers*
- *Collaborative Divorce Lawyers.*
- *Independent Children's Lawyers (ICLs)*
- *Family Consultants*
- *Child Contact Supervisors*
- *Who pays*
- *Informing professionals about your co-parent*
- *Consent Orders*
- *Court Hearing*
- *Do Quiz 18 – Using professionals quiz*

<https://mi.study247.online/courses/4/>

Life-Application: Family Court



If you are facing or currently in Family Court write down one thing you learned about the different professionals who work within the Family Law System that may be helpful for you or your family.

Module Ten: New Partners, New Families

New Partners, new families

Family is not defined by our genes; it is built and maintained through love.

Unknown Author

Online Learning

Read the following pages:

- ***New Partners, New Families***
- ***Dating***

<https://mi.study247.online/courses/4/>

Self-Reflection – Dating



How long do you think it is appropriate for you to get to know someone you are dating before you introduce them to your children?

Online Learning

Read the following pages:

- *Preparing new partners to stay calm,*
- *co-habitation,*
- *wait to remarry*
- *if you commit to a new relationship*
- *new partners and parenting issues*

<https://mi.study247.online/courses/4/>

New Partner and Parenting Issues

Remember that children, marriages, and flower gardens reflect the kind of care they get.

Jackson Brown, Jr.

Self-Reflection – Making time for your child



Write down three activities you and your child can do together, just the two of you.

Online Learning

Read the following pages:

- *What to call your new partner*
- *Managed Emotions and Flexible*
- *Your co-parents life changes*
- *New parenting Disputes*
- *Changes in the schedule*
- *Making proposals for Changes*
- *Not too rejecting, not too close*
- *FDR and other methods*
- *FDR and Family Violence*
- *New partners in FDR*
- *New partners in court*
- *New partners children*
- *Counselling with your new partner*
- *Counselling with your new family*
- *Setting limits*
- *Quiz 19 – New Partners, New Families Quiz*

<https://mi.study247.online/courses/4/>

Life-Application: New Partners, New Families



If you have started dating or have re-partnered write down any insights you have had from the online learning in chapter ten.

Note down anything that you might want to change or do differently in the future.

Module Eleven: Handling Financial Issues

Handling Financial Issues

Money cannot buy peace of mind. It cannot heal ruptured relationships, or build meaning into a life that has none.

Richard M. DeVos

Online Learning

Read the following pages:

- ***Handling Financial issues***
- ***Five areas of Financial issues***
- ***Exchanging financial information***
- ***Child Support***
- ***Spousal Maintenance***
- ***Property Division***
- ***Taxes***
- ***Bankruptcy***
- ***Hiding money and discovery***
- ***Don't destroy your records***
- ***Mediation and Property Settlements***
- ***Quiz 20 – Handling Financial Issues***

<https://mi.study247.online/courses/4/>

Life-Application: Handling Financial Issues



Do you have any unresolved financial issues with your former partner?

Note down anything that you might want to change or do differently in the future after reading the module on financial issues.

Module Twelve: How to avoid becoming a High Conflict case

A good half of the art of living is resilience.

Alain de Botton

Online Learning

Read the following pages

- ***How to avoid becoming a high conflict case,***
- ***Unmanaged Emotions in Court***
- ***Frequent Filers***
- ***Managing and Making Decisions***
- ***Using the four big skills***
- ***Avoid labelling***
- ***Checking yourself reminder***
- ***Anticipating problems***
- ***Positive Behaviours***
- ***When to go back to court***
- ***New Issues***
- ***Changing Parenting Orders***
- ***Child Alienation issues after orders are made***
- ***When should you stop fighting in court?***

<https://mi.study247.online/courses/4/>

Self-Reflection – Protecting children from knowing about court cases



Write down three ways Brad could protect the children from knowledge about the court case.

Online Learning

Read the following pages

- ***Limitations of Court***
- ***Looking ahead***
- ***Quiz 21 – How to avoid becoming a high conflict case.***
- ***Co-Parenting Relationship – End of Course Review***

<https://mi.study247.online/courses/4/>

Notes