

The Cooperative Parenting and Divorce program covers a wide variety of topics in eight sessions:

Session 1
Making the Commitment to Caring
(Child-Focused or Out of Focus)

Session 2
Allowing My Child to Love Both Parents
(Plan for Peace or Tug of War)

Session 3
Changing My Long Term Role
(Letting Go or Holding On)

Session 4
Choosing My Personal Path
(Make it Better or Keep it Bitter)

Session 5
Managing My Own Anger
(Neither Fight nor Take Flight)

Session 6
Taking Control of Conflict
(Defuse or Light the Fuse)

Session 7
Negotiating Agreement
(All a Winner or Winner Take All)

Session 8
Co-Parenting Is Forever
(Cooperation or Conflict)

Many counties across the nation have mandated divorcing parents to attend parent education seminars. These seminars have been extremely helpful to many parents. Unfortunately, the limitations of divorce seminars do not meet the needs of parents caught in warfare over their children. *Cooperative Parenting and Divorce* is the “next step” in providing families with comprehensive programs. Current seminars and *the Cooperative Parenting and Divorce* programs work hand in hand to offer a full range of services.

Cooperative Parenting and Divorce
is an innovative program that puts children first while creating promising solutions that focus on education and the prevention of parental conflict in situations of family separation.

For additional information regarding Cooperative Parenting and Divorce groups, contact:

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Cooperative Parenting and Divorce



Shielding Children from Conflict

A program offered by:



Petaluma People Services Center

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Shielding Children from Conflict with

Cooperative Parenting and Divorce

Family relationships do not disappear when a marriage ends in divorce. For the sake of their children, divorced parents must continue to communicate with their former spouses in matters of child-rearing. The ability of parents to interact with each other greatly affects the child's adjustment to divorce. Unrelenting parental conflict is the single most common cause of poor adjustment in children following a divorce.

Cooperative Parenting and Divorce is a psychoeducational program designed to improve the quality of the parental relationship in situations of divorce. The overall emphasis of *Cooperative Parenting and Divorce* is to offer children the opportunity to grow in a home environment free from being caught in the middle of parental conflict.

Cooperative Parenting and Divorce is the most extensive, informed and interactive resource to date examining the complex realities of divorce. This thoughtful and practical program can be implemented in eight sessions lasting 2 hours each.

The *Cooperative Parenting and Divorce* program has been well received by judges and juvenile courts throughout the nation since its introduction in 1995.

Divorce program works

Cooperative Parenting and Divorce explores the issues associated with divorce through a group format that can be implemented easily and safely, while creating a supportive group environment.

The program is designed for parents demonstrating mild to moderate levels of parental conflict. It is facilitated by a trained parent educator.

- Program components include a Leader's Guide, Parent's Guide and companion video
- Consists of eight 2-hour weekly classes
- Incorporates skill development, small and large group discussion, parent interaction and weekly homework assignments
- Highlights specific, proven-effective activities

The goals of the program include:

- Assisting parents in shifting their role from former spouses to co-parents
- Educating parents regarding the impact of parental conflict on their child's development
- Helping parents identify their contributions to conflict while increasing impulse control
- Teaching parents anger management, communication and conflict resolution skills and children's issues in divorce

and Divorce program

Cooperative Parenting and Divorce benefits children by:

- Reducing the child's symptoms of stress as parental conflict decreases
- Diminishing the child's sense of loyalty binds.
- Allowing the child to love both parents
- Creating a more relaxed home atmosphere, allowing the child to adjust more effectively
- Teaching effective communication and conflict-resolution skills as modeled by their parents
- Increasing the likelihood of keeping two active parents in the child's life

Cooperative Parenting and Divorce benefits society by:

- Decreasing future litigation, court costs and time
- Expanding the definition of "family," thereby preserving and strengthening the family structure
- Potentially reducing adolescent drug and alcohol problems, teenage pregnancy, school drop-out rates, and crime associated with children of divorce
- Potentially diminishing the likelihood of future relationship difficulties and divorce for the child

How the Cooperative Parenting and

Benefits of the Cooperative Parenting