



Co-parenting 101: Successful Parenting After Separation

A family apart is still a family.

The breakup of a family can have profound effects on a child's social, emotional and academic well being. Following a separation, children need parent "teams" to nurture and guide them to adulthood. To co-parent successfully, both parents must play a role in the child's day-to-day life. –requiring cooperative communication focused on the child's multifaceted and ever changing needs. This course will give parents techniques and strategies on how to parent with purpose; and together reach the goal of raising healthy, happy, confident and capable adults.

In this course, parents will learn:

- **How to ease transitions for children;**
- **How to make parenting plans work;**
- **How to maintain regular, peaceful communication;**
- **Cooperative decision making and creating a parenting philosophy;**
- **How to maintain focus on child's needs;**
- **How to introduce new relationships to child.**
- **How to develop an effective partnership for dealing with parenting issues. (i.e. discipline, health and safety, education, etc.)**