

Successful Co-Parenting

Education for Divorcing or Separating Parents

Parents will:

- 1 Become aware of the burdens and dilemmas of children caught in the middle of parental conflicts and problems at different ages.
- 2 Learn and practice new skills for positively interacting with their children and ex-spouse or partner.
- 3 Learn ways to communicate with and support children during difficult times, and encourage children to give parents feedback when problems occur.

Reported results:

- ◆ Parents perceived the classes to be realistic and useful.
- ◆ Parents reported success in dramatically lowering exposure of their children to parental conflict.
- ◆ Parents completing the class were better able to work through how they would handle difficult child-related situations with their ex-spouses.



“Excellent program. Opened my eyes to my kids’ point of view and the importance of a joint effort for my kids’ benefit.”
— Parent participant

“Makes you aware of things that can and will come up and how to deal with them without emotionally upsetting the children.”



— Parent participant

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Why Education?

Co-parenting families have a unique set of challenges. They also have opportunities to build strengths. For children it may mean adapting to a new family arrangement, moving between households, or living with a single parent or another caregiver.

Transition to new family arrangements can be tough. It may be a time of sadness, loss, and anger. For parents, it may mean transitioning through divorce or separation while finding ways to co-parent peacefully and effectively.



One thing is clear: ongoing conflict between parents after divorce or separation is associated with poor outcomes for children.

There are many ways co-parents can reduce conflict and help children thrive in a co-parenting family. Whether you are transitioning after a divorce or separation or you have been co-parenting for some time, there's good news...

Caught in the Middle:

Common issues in which children feel caught in the middle:

- Carrying messages to the other parent
- Loyalty conflicts caused by “put downs” of the other parent
- Dealing with money matters
- Being quizzed about the other parent’s life

YOU CAN HELP YOUR CHILDREN WORK THROUGH TRANSITION AND FIND WAYS TO CO-PARENT SUCCESSFULLY TO CREATE A HAPPY, HEALTHY FUTURE

**To learn about upcoming classes or to schedule a class for your group, call
Iron County UW-Extension
715-561-2695**