

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...

C 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

How to Schedule

Registration is Required of All Participants through the University of Wisconsin– Extension.

**ASHLAND COUNTY RESIDENTS CALL:
(715) 682-7017**

**BAYFIELD COUNTY RESIDENTS CALL:
(715) 373-6104**

All others call either number above.

Indicate the session of your choice. Schedule early. If you are required to take this class because you are divorcing, the class must be completed prior to your final divorce hearing. If you have been ordered to participate in mediation, your class must be completed prior to mediation.

Parents are encouraged to attend separate classes. Instructor permission is required for parents to attend the same class and both parents must agree that attending together will be in the best interest of their children and will enhance their learning experience. Priority will be given on a first-come, first-served basis.

How to Pay

Fee: \$30 per parent. Cash, checks or money orders will be accepted in advance or at time of class. (Exact amount only, no change made.)

All checks and money orders (from Ashland, Bayfield, or other county residents) must be made payable to:

**Ashland County Clerk of Court
201 West Main Street
Courthouse, Room 307
Ashland, WI 54806**

Successful Co-Parenting

Education for
Divorcing or Separating Parents

JULY - DEC 2016



LW
Extension
University of Wisconsin-Extension

2016 SUMMER/WINTER SCHEDULE

Successful Co-Parenting

Month	Date	Day	Time	Location
July	7	Thursday	2:00pm—5:00pm	Ashland
August	11	Thursday	3:00pm—6:00pm	Washburn
September	13	Tuesday	6:00pm—9:00pm	Ashland
October	19	Wednesday	5:30pm—8:30pm	Washburn
November	14	Monday	9:00am—12:00pm	Ashland
December	14	Wednesday	12:00pm—3:00pm	Washburn

Where in Ashland:

Ashland County Courthouse,
201 West Main Street, Ashland
Third Floor - Jury Room No. 1
[Enter from the north entrance adjacent
to parking lot.]

Provider: Ashland County Extension
Family Living Educator,
Kathy Beeksm

Where in Washburn:

Bayfield County Courthouse,
117 East Fifth Street, Washburn
Lower Level - Conference Room B,
[follow posted signs for class location.]

Provider: Bayfield County Extension
Family Living Educator,
Elizabeth Lexau

Parents will learn:

- 1 To be aware of the burdens and dilemmas of children caught in the middle of parental conflicts and problems at different ages.
- 2 New skills for positively interacting with their children and ex-spouse or partner and gain practice in skill use.
- 3 To communicate to their children that children's reactions to being caught in the middle are normal and to encourage children to give parents feedback when problems are occurring.

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.



Parents are enthusiastic!

- ♥ “Excellent program! Opened my eyes to my kids’ point of view & the importance of joint efforts for my kids’ benefit.”
- ♥ “I think this approach is very helpful in making parents aware of what is going on with the children that normally the parents do not recognize because of their own depression and grief from the divorce.”
- ♥ “Makes you aware of things that can and will come up and how to deal with them without emotionally upsetting the children.”
- ♥ “We were ‘persuaded’ to put aside everything we are going through right now to take time out to think about our children - how they feel, how this affects them and what we can do to help them through this with as little conflict or problems/anxiety as possible.”



UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.