



CO-PARENTING COURSE

CURRICULUM

(Based on the evidence-based Nurturing Parent Program & Active Parenting)

SESSION 1: Self Esteem

Identifying Self-Esteem in the Parent- How Parents' Self-Esteem Affects Child Building Healthy Self-Esteem in Children	Indicators of High and Low Self-esteem Praise and encouragement
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SESSION 2: Ages & Stages (Growth & Development)

Pregnancy and Early Stimulation of Babies BrainWorks & the Amazing Brain Ages and Stages of Normal Development	Infancy through Adolescence (<i>Specific to class needs</i>) Normal Sexual Development
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SESSION 3: BOUNDARIES

Defining Boundaries (Physical, Emotional, and Intellectual) Limits: What They Are & Why They Matter	Step Families Caught in the Middle Crossing Boundaries/Family Privacy Modeling Healthy Boundaries
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SESSION 4: Handling Stress & Anger

Causes and Symptoms of Stress Identifying Stress in Children Power Struggles Voiceless Victims (<i>Impact on children</i>)	Recognizing Parent's Anger Style Blended Families Sources of Stress Hidden Anger & Triggers Coping Skills
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SESSION 5: Communication

Verbal & Nonverbal Communication Family Communication (history) Blocks to Communicating Honestly Active Listening	I vs. You Messages Reflective Listening & Responding to Feelings Bedtime Routines & Words of Affection
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SESSION 6: Self Focused vs. Child Focus

Commitment to Caring Learning to be Child Focused What's the Cost	Commitment to Caring Contract A Child's Reaction to Divorce
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SESSION 7: Personal Safety/Child Sexual Assault Prevention

Defining Child Sexual Abuse & Indicators Recognizing the Perpetrator Child Sexual Abuse Prevention (A Parent's Role)	Resources and Referrals
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SESSION 8: Children Caught in the Middle/ Allowing to Love Both Parents

When a Child is Caught in the Middle	When Your Child is Manipulating
Two Parents are Better than One	Letting Go or Holding On
Positive Qualities of the Co-Parent	Disengaging/Grieving
Separate Parent's Role	Creating Two Home
Through a Child's Eyes	Tips for Easing Transition
Keeping Your Child Out of the Middle	

SESSION 9: Choosing my Personal Path

Realignment	Position vs Interest
Changing Structure/Working Relationship	STP-A Technique (Stop, Think, Pause, Action)
Obstacles to Realignment (Assumptions, Expectations, Language, Refusal, Control, Revenge, "Poor Me")	

SESSION 10: Defuse or Light the Fuse

Understanding Anger Triggers	Avoid Playing With Matches
Taking Control of Conflict	How to Defuse Conflict
Fire Prevention Tips & Techniques	
Lighting the Match/Identifying Hot Buttons	

SESSION 11: Negotiating Agreements

Seven Steps to Negotiating Agreements	Communication Goals
Typical Problem	Practicing Negotiating Agreement Step
Model for Negotiating Agreement	Commitment
Who Really Wins	

SESSION 12: Co-Parenting is Forever

Making the Commitment to Caring	Two Home Communication Methods
Dedication to the Future	Changing my Long Term Goal
Vision of the Future	
Negotiations Worksheet	