AGENDA for Co-Parenting Class – 2 Sessions X 2 Hours Each

***Gail Peavey, UWEX Polk County***

***Day/Evening 1 –Powerpoint with activities and folder included:***

Introduction

 \* Star activity

 \* Goals of program

 \* Yarn activity

 \* Statistics of Divorce

Elements of Co-Parenting

 \* Working against/with other parent

 \* DVD Pain Games (Parents Forever –Univ of MN)

 \* Business like relationship

Effects of Divorce on Children

 \* www.youtube.com/watch?v=Edb9plpHO7k

 o Children and divorce

Effects of Divorce/separation on Parents

 \* Quote from Robert Emery

 o Grief/loss/family transition

 \* Small group discussion—group by ages of children

 o Option 1—how children affected and what children need

 o Option 2—case studies based on ages

 \* Onion activity—layers of change

Parenting/Parenting-Plan

 \* Parenting Styles

 \* Parenting Plan

Homework Assignment

 \* Focusing on your children’s needs

 o How you want your children to look back on this part of their life?

 \* Parenting Plan/or Parenting Tool Kit

***Day/Evening 2—Powerpoint with activities and folder:***

Cooperative parenting

 \* Discuss homework/check-in

 \* Small group—4 case studies

Conflict/Conflict resolution

 \* Conflict Styles

 \* DVD—Center for Divorce Education—After the Storm

 \* Towel activity/assumptions of what we believe about what we see

 \* Taking Control of Conflict

 \* Case Study

 \* Stress Management

 \* Glitter Activity—Time out

Communication Skills

 \* Informational presentation

 \* Activity—I statements

 \* 2nd part of DVD Center for Divorce Education

 \* New relationships

 \* Forgiveness

Evaluation