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