

What if a parent cannot attend our class? The online alternatives.

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What if a parent is court-ordered to attend a Co-Parenting class, but cannot attend when you are offering it? This could happen if the parent is (for example) a long-haul trucker, or has other pressing responsibilities.

- 1) We can recommend the online course "Children in Between" (formerly called Children in the Middle). It currently costs \$69.95 for the class, \$14.00 for the optional book, and a \$2.50 processing fee. The program requires about 3-4 hours, and is available 24/7 online. Learn more at <http://online.divorce-education.com/>
It is one of the few programs that is "evidence based," meaning there is research data showing that the course really works. You can read about their research evidence at <http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=5>.
- 2) We can also recommend "Parents Forever" from University of Minnesota, which is another evidence-based online course. It costs about \$90 and takes about 4 hours, available 24/7 online. Learn more at: <https://www.extension.umn.edu/family/parents-forever/for-families/online-course-for-parents/>

The one extra you may need to add to an out-of-state program ("Children in Between" originates in Ohio, "Parents Forever" in Minnesota) is the Wisconsin Parenting Plan. This plan, or something similar, is required in any contested divorce in Wisconsin. In it, the two parents agree on such co-parenting issues as where the child will spend holidays, in what religion worship, etc. You can find this Wisconsin Parenting Plan on the UWEX Co-Parenting blogsite under Content Resources tab, then Supplemental Resources.

There are many reasons to believe that a face-to-face class, in the company of other divorcing parents, will be much more effective than an online course. But for parents who simply cannot attend our classes, this is a good alternative.