

Connected Coparenting

A 5-session program for coparents with children from infancy through adolescence.

Session 1: The Who, What, & Why of Coparenting

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- Learn what coparenting is, who it includes, and how it can positively benefit your child.
 - Explore your lived experience of coparenting along with your beliefs and values about coparenting.
 - Discuss who is important in your child's life.

Session 2: Understanding and Managing Stress

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- Learn about stress and its impact on parenting.
 - Understand how stress can affect communication.
 - Explore ways to manage your stress.
 - Practice deep breathing, grounding, and coping strategies.

Session 3: Communication Strategies for Problem Solving

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- Learn how to clearly express your feelings.
 - Learn to actively listen with focused attention.
 - Explore what you believe your child needs to be healthy and happy.
 - Practice using "I-statements" to effectively communicate.

Session 4: Addressing Coparenting Challenges

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- Learn the 7 rules for successful communication.
 - Reflect on strength and growth areas in your communication.
 - Practice using communication rules to solve coparenting challenges.
 - Create a coparenting action plan.

Session 5: Our Commitment to Coparenting

- Review what you have learned about coparenting.
- Discuss what having a strong coparenting team means to you.
- Specify your commitment to coparenting.
- Prepare for how you will support one another when coparenting challenges arise.

TRAINING PROVIDED BY
THE FAMILY STUDY
CENTER AT THE
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FOR MORE
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