

Connected Coparenting

Professional Training

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



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

- Learn what coparenting is, who it includes, and how it can positively benefit children.
- Intentionally explore lived experiences, beliefs, and values about coparenting.
- Foster a discussion about who is considered important in the child(ren)'s life.

2: Help Coparents Understand and Manage Stress



- Teach about stress and its impact on parenting.
- Understand how stress can affect communication.
- Explore ways to manage stress and regulate the nervous system.
- Teach and Practice deep breathing, grounding, and coping strategies.



3: Teach Communication Strategies for Problem Solving



- Teach coparents how to clearly express their feelings.
- Teach coparents to actively listen with focused attention.
- Help coparents explore what they believe their child(ren) need(s) to be healthy and happy.
- Practice properly using effective communication strategies.

4: Learn to Address Coparenting Challenges

- Learn the 7 rules for successful communication.
- Foster reflection on strength and growth areas in communication.
- Practice using communication rules to solve coparenting challenges.
- Support the creation a coparenting action plan.



5: Help Coparents create their 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
UNIVERSITY OF SOUTH
FLORIDA

FOR MORE
INFORMATION PLEASE
CONTACT:
DR. KACEY L. JENKINS
JENKINSK1@USF.EDU

