

***Successful Co-Parenting Online***<sup>®</sup>  
**2020 Report**

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Recently published statistics put Ohio's divorce-to-marriage rate at 50.9% with over 27,500 minors who experienced their parent's separation and subsequent divorce. Divorce is a challenging social issue that puts families and children under tremendous stress. Research suggests, however, that parents who attend co-parent education classes are better equipped to address the challenges related to co-parent conflict and communication and are more able to help their children through the divorce process (Jewell, Schmittel, McCobin, Hupp, & Pomerantz, 2017; LaGraff, Stoltz, & Brandon, 2015; Schramm & Calix, 2011).

Ohio State University Extension has offered face-to-face co-parent education classes for many years in a limited number of counties. Recently, our award-winning curriculum was converted into an affordable and easy to navigate online class called *Successful Co-Parenting Online*<sup>®</sup> (*SCP Online*<sup>®</sup>) and is now available to anyone anywhere in the state and beyond (see <https://scponline.osu.edu>). It has the same primary objective: to familiarize parents with information, skills, and techniques to minimize the negative effects of separation and divorce on children and promote positive adjustment during the divorce process.

Backed by the online security of Ohio State University with all the appropriate privacy protocols in place, *SCP Online*<sup>®</sup> offers individuals a confidential, self-paced learning experience. A trained Extension professional hosts each participant as he or she progresses through the online class. Hosts respond to participant questions and verify that each participant has completed the entire class. Once verified the host will issue a certificate of completion. Hosts provide participants with a human touch to an otherwise virtual experience.

All too often participants enroll in a co-parenting class near the end of the divorce process, sometimes the same day as their decree is finalized. We strongly recommend that participants take *SCP Online*<sup>®</sup> or our face-to-face class, *Successful Co-Parenting*<sup>®</sup>, at the beginning of the separation process so that they and their children can benefit from the time-tested, research-based information and techniques throughout their entire separation/divorce. However, regardless of when it is taken, we believe that this class benefits all separating couples who have minor age children, including those who have cohabited and never married.

*SCP Online*<sup>®</sup> became a more valuable resource for separating and divorcing parents when many in-person co-parent education courses halted as a result of coronavirus shutdowns in 2020. Parents from the following Ohio counties participated in this online course: Belmont, Clark, Clermont, Coshocton, Darke, Delaware, Hardin, Harrison, Holmes, Miami, Licking, Morgan, Perry, and Scioto. Further, in 2020, one person from Arizona and one person from the country of India participated.

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## Assessment of Program and Learning Objectives

SCP Online® has seven learning objectives. These objectives reflect the major topics covered in the program. By participating in the course, it is proposed that participants will learn:

1. About their own grief and loss during the divorce process.
2. About the importance of caring for their own emotional health.
3. How the divorce process impacts the child based on his or her age.
4. About the importance of having stability and consistency in all aspects of the child's life.
5. The importance of healthy communication with the child.
6. The importance of healthy communication with the co-parent.
7. How to use healthy communication techniques such as problem solving with the co-parent.

To determine the degree to which the learning objectives are met (or participant learning has occurred) a brief post-course assessment follows the final course module. The assessment also includes basic demographic questions intended to define course participants as well as four questions to gauge participants' perceptions of the program generally. While more than 560 people took the course in 2020, this report is a presentation of the 206 course participants who completed most or all of the assessment. Herein, I present a summary of participant demographics and an analysis of participants' perceptions of the course and learning objectives. Participant responses to four "open-response" questions are presented last.

### Demographic Information

The entire assessment is designed to take 5 to 10 minutes to complete and is anonymous, thus no identifying information is collected from participants. Tables 1 to 8 provide a quick look at the demographic characteristics of the 206 participants (some items have fewer than 206 responses because not all participants answered all questions). The term 'n' refers to the count or number of participants of a given category and is followed by the percentage (%).

Table 1.

<b>Participant Sex</b>	<b>n</b>	<b>%</b>
Female	113	55.9
Male	89	44.1

Table 2.

<b>Participant Age</b>	<b>Mean</b>	<b>Range</b>
	34.9	21-60

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Table 3.

<b>Divorce Status</b>	<b>n</b>	<b>%</b>
First Divorce	166	82.6
Second Divorce (or more)	34	16.9
Never Married but Lived with Co-Parent	1	.5

Table 4.

<b>Employment Status</b>	<b>n</b>	<b>%</b>
Full-time	162	81.8
Part-time	20	10.1
Unemployed	16	8.1

Table 5.

<b>Shared Parenting Custody Arrangement</b>	<b>n</b>	<b>%</b>
No	64	32.3
Yes	134	67.7

Table 6.

<b>Parenting Plan</b>	<b>n</b>	<b>%</b>
No	49	25.1
Yes	146	74.9

Table 7.

<b>Highest Educational Level Achieved</b>	<b>n</b>	<b>%</b>
Some High School or Less	10	5.0
High School Diploma or GED	74	37.0
Technical / Trade School Certificate	26	13.0
2-Year College	41	20.5
4-Year College Degree	29	14.5
Graduate / Professional Degree	20	10.0

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Table 8.

<b>Racial / Ethnic Status</b>	<b>n</b>	<b>%</b>
Asian or Pacific Islander	3	1.5
Black or African American	3	1.5
Hispanic or Latino	4	2.0
White or Caucasian	188	95.0

### Perception of Program Effectiveness

Four questions measured general perceptions of the program. Participants were asked to rate their responses using a four-point Likert scale ranging from Strongly Disagree to Strongly Agree. Not all 206 participants answered all the questions. Percentages are based on the number of completed questions. Table 9 presents the counts for each rating followed by their (percentage).

These analyses show that the vast majority of participants agreed and strongly agreed that they (1) learned new information from the class, (2) planned to use the information they learned, (3) felt more prepared to co-parent as a result of attending the class, and that (4) the class was helpful. This suggests that *SCP Online* was effective in conveying important information about co-parenting and that people plan to use it.

Table 9.

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>
I learned new information from this class.	11 (5.3%)	4 (1.9%)	135 (65.5%)	56 (27.2%)
I plan to use the information I learned in this class.	7 (3.4%)	0 (0%)	97 (47.3%)	101 (49.3%)
I feel more prepared to co-parent as a result of attending this class.	8 (3.9%)	6 (2.9%)	128 (62.1%)	64 (31.1%)
This class was helpful.	10 (4.9%)	3 (1.5%)	126 (61.5%)	66 (32.2%)

## Assessment of Learning Objectives

To determine the degree to which the learning objectives were met, we used a retrospective pretest technique in which participants were asked to reflect back upon their knowledge *before* participating in the course and to then compare their change in knowledge to *after* having participated in the course. Seven questions were presented, each reflecting one of the course learning objectives. Participants were asked to rate their *before* and *after* perceptions using two four-point Likert scales ranging from Strongly Disagree to Strongly Agree (one scale for *before* responses and one for *after* responses). Not all 206 participants answered all the questions. Percentages are based on the number of completed questions. Tables 10 and 11 present the counts for each rating followed by their (percentages).

Table 10.

<b>Before I took part in this class, I knew...</b>					<b>Now, after participating in the class, I learned...</b>			
<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>		<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>
5 (2.5%)	21 (10.4%)	139 (69.2%)	36 (17.9%)	<b>...about my own grief and loss during the divorce process.</b>	6 (3.6%)	5 (3.0%)	87 (52.7%)	67 (40.6%)
5 (2.5%)	29 (14.4%)	126 (62.7%)	41 (20.4%)	<b>...about the importance of caring for my own emotional health.</b>	3 (1.8%)	2 (1.2%)	77 (46.7%)	83 (50.3%)
4 (2.0%)	35 (17.5%)	123 (61.5%)	38 (19.0%)	<b>...how the divorce process impacts my child(ren) based on his/her age.</b>	2 (1.2%)	1 (0.6%)	63 (38.0%)	100 (60.2%)
2 (1.0%)	17 (8.5%)	120 (59.7%)	62 (30.8%)	<b>...about the importance of having stability and consistency in all aspects of my child(ren)'s life.</b>	2 (1.2%)	2 (1.2%)	61 (37.0%)	100 (60.6%)
1 (0.5%)	11 (5.5%)	114 (57.0%)	74 (37.0%)	<b>...the importance of healthy communication with my child(ren).</b>	2 (1.2%)	2 (1.2%)	56 (34.1%)	104 (63.4%)
4 (2.0%)	19 (9.5%)	127 (63.5%)	50 (25.0%)	<b>...the importance of healthy communication with my co-parent.</b>	2 (1.2%)	2 (1.2%)	62 (37.8%)	98 (60.0%)
4 (2.0%)	43 (21.4%)	126 (62.7%)	28 (13.9%)	<b>...how to use healthy communication techniques such as problem-solving with my co-parent.</b>	3 (1.8%)	2 (1.2%)	62 (37.6%)	98 (59.4%)

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Table 11 provides an analysis of the change in *before* session ratings to *after* session ratings. To determine the change in rating, *before* scores were subtracted from *after* scores. Tallies resulting from this subtraction equation that were positive (either 1, 2, or 3) indicate that participants had higher agreement to the seven questions *after* taking the course in comparison to what they knew *before* the course. Thus, between 33.5% and 57.9% of participants reported a positive change in knowledge related to (1) their grief and loss during the divorce process, (2) the importance of caring for their emotional health, (3) how the divorce process impacts their child(ren) based on their age, (4) the importance of having stability and consistency in all aspects of their child(ren)'s life, (5) the importance of healthy communication with their child(ren), (6) the importance of healthy communication with their co-parent, and (7) how to use healthy communication techniques such as problem-solving with their co-parent.

Table 11.

	<b>Positive Change</b>	<b>No Change</b>	<b>Negative Change</b>
<b>...about my own grief and loss during the divorce process.</b>	62 (37.6%)	89 (53.9%)	14 (8.5%)
<b>...about the importance of caring for my own emotional health.</b>	75 (45.5%)	79 (47.9%)	11 (6.7%)
<b>...how the divorce process impacts my child(ren) based on his/her age.</b>	91 (54.8%)	69 (41.8%)	6 (3.6%)
<b>...about the importance of having stability and consistency in all aspects of my child(ren)'s life.</b>	61 (37.0%)	96 (58.2%)	8 (4.8%)
<b>...the importance of healthy communication with my child(ren).</b>	55 (33.5%)	99 (60.4%)	10 (6.1%)
<b>...the importance of healthy communication with my co-parent.</b>	75 (45.7%)	81 (49.4%)	8 (4.9%)
<b>...how to use healthy communication techniques such as problem-solving with my co-parent.</b>	94 (57.0%)	65 (39.4%)	6 (3.6%)

Calculations also produced “no change” and “negative change” tallies. A “no change” tally could mean that a participant knew all the information presented before attending and did not learn anything new from the course. A “no change” tally is not necessarily a knock against course effectiveness. A “negative change” tally seems to indicate that a participant lost knowledge by participating in the course; however, that is not likely. It is more probable they did not read completely or fully understand the questions or the format. It is also possible they are expressing frustration at having to spend time and money to participate in something they view as unnecessary.

## Open-Response Questions

To more fully understand participants' experiences of engagement, learning, and intention to apply the information taught in *SCP Online*<sup>®</sup>, four open-response questions related to the main content themes of the course were asked. The assessment also included an "Other Comments" section that invited participants to share thoughts that were unrelated to the content theme questions. The four content questions were (1) What is the most important thing you learned?, (2) What is one thing you will do to take care of yourself?, (3) What is one thing you will do to take care of your child(ren)?, and (4) What is one thing you will do to take care of your co-parent relationship? Punctuation and spelling has been preserved.

### 1. What is the most important thing you learned?

- Being their for my kids.
- How to be more effective in communicating with my co-parent and how to be a better listener.
- How to help my kids
- To treat my co-parent like a colleague in order to facilitate calm and respectful communication and problem solving for the best interest of our son.
- Different stages of child development and how we will have to treat our children of different ages slightly differently both now and moving forward. I also appreciated the business like agreement with the co-parent.
- How to communicate effectively
- How communication between me and my ex husband make it easier for the kids.
- Techniques for successful co-parenting.
- That since my child is a teenager, he made need more time to adjust. I opened to be non judgmental when he tried to Express himself & encourage communication.
- To help my kids get these this
- how to communicate well withe the other co-parent.
- Communication is important routine is important . showing respect to the co parent is important
- Ways to help my child through this process.
- I think the most important part of co-parenting is keeping the childs best interest in mind even if things might not how you want them to be.
- Repeatedly explain to my child it's not his fault we're divorcing. Inquiring about his feelings about the divorce.
- The importance of healthy co parenting
- Listening/communication techniques with the co-parent
- active listening
- Ways to deal with a child not wanting to go with the other parent.

- The importance of active listening. Good communication is hard during a divorce situation, its hard trying to not be right or win the disagreement.
- To emphasize to the child it is not their fault.
- My ex and i dont co parent. he has made himself absent from my childrens life. although i learned alot about the importance of co parenting, unfortunately i dont think i will ever have to use any of the information
- How to best communicate between myself and my coparent.
- "That to be successful as co-parents there has to be strong communication between both parties.
- Sitting down with both the parent and child to come up with a plan for both households. Will benefit the child in the long run of consistency and stability."
- How to answer questions that I know my child will be asking.
- How important it is to have clear communication.
- Communication with coparent
- how to coop with divorce for my children
- To effectively co-parent
- Both parents communicate to do the best thing for the child
- Techniques that can help me better co-parent for the success of my daughter.
- Co-parenting effectively.
- This course was reinforcement
- That both parents have to work as a cohesive unit for the growth of the children even if we are not together.
- Dont ask the kids anything about the coparent
- Anything and everything you do effects your kids so make the right choices.
- Ways to continue to help my kids through the divorce process and how they both can handle this differently. Especially with the age difference.
- That what we do from here can affect our child
- No co-parenting relationship is perfect. The child comes first. Staying calm, in all situations.
- To work disagreements out in a one on one setting so we can both give it our full attention.
- That parenting isn't perfect. That the children didn't ask to be put into this situation but they are allowed to feel the way they feel. But through communication with the kids and the coparent we can work to make things better for everyone.
- how to effectively communicate with my co-parent
- To explain things to your child truthfully but general
- To talk to my co-parent when I'm calm and to not judge. Also how to communicate with my children about the divorce.
- That the divorce will impact my son throughout his life
- Effective communication skills with co parent

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- That our children's well-being is always the most important
- How divorce impacts different aged children
- Patience with the process.
- how to communicate with my co-parent in a civil manner
- to communicate
- When speaking with my wife, stay on the topic of the children.
- Sometimes the other parent can and will tell exaggerated truths to the child, I learned to correct the child when appropriate and deal directly with the other parent.
- That is ok to have feelings of grief and guilt, how to help my child get through the divorce process, and how to actively listen and have successful co-parenting
- The best way of communicating with the other coparent.
- I liked that you mentioned not to praise the kids with gifts and when them over. They really just want your time and attention.
- How different ages are effected.
- How to coparent
- How important it is to have a healthy coparent relationship with the other parent
- one on one time is important
- Healthy Co parenting is very important helping children cope with a divorce.
- Respect each other to benefit the children.
- Learning to communicate and put the child's feelings and needs first
- The most important thing i have learned taking this class is that a divorce not only changes things in adults lives but also has a big change on any children invovled.
- The important role of co-parenting with their father is a life long task and that the issues should be about the children and between us.
- Appropriate actions for different children's age groups.
- Communication is very important
- Communication
- The transition from spouse to co-parenting is so important for a healthy development for our child.
- I think the most important thing I learned from this class was to write down and document agreements so we can go back back to refer in case it is forgotten.
- communication is key
- Best way to communicate with the co-parent
- The differences between how age will determine the responses in which my children will react to the separation. I have a 5 and 7 year old and they are so close in age, i'm paying such so close attention to them but also trying not to smother them at the same time, just nice to know what to look for.
- Consistence for my child and being more business like with the co-parent
- It should always be our son first no matter what.
- How to better prepare my children for visits with their father.

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- How a divorce can truly effect a child, at any age
- Staying calm in a disagreement with co parent and try to listen to their point of view.
- This course taught me nothing about co parenting and my children's reactions to a divorce. Any person with a working brain that actually care for their children should already know these things and also know that the children will need emotional support, guidance and a structured environment.
- About working with coparent
- A better way for my child to succeed with the change is to co-parent effectively.
- Need for remaining calm for children
- To be more aware of what is said around the kids.
- How important it is for me to provide structure in my sons life while making sure he knows he was not the reason for the divorce.
- The nothing matters more then the well-being of my children.
- How to handle common parenting issues. Such as if I give her a gift it should go as she wants it too or if she asks a question more for the other parent to bring it up to that parent.
- The importance of staying out of the other parents private life
- Keeping the stability between the co parents
- That open communication with my co-parent is very important.
- To always keep the best interest of this kids. and to always communicate with the children and co-parent
- To insure your child understands it is not their fault you are getting divorced and to not bother them with problems between the co parents
- To be thoughtful of the kids and how to listen to their mother
- Techniques for conflict management and resoluton.
- Communication between both parents is a must for our child.
- Communication between co parents
- narrowing conversations down to child related things only.
- How divorce affect my children
- To focus on making the children know that it's is not their fault
- The children come first
- How to cope
- That the emotions I feel are normal through the process and that working together our children can be successful.
- how to communicate with co-parent.
- active listening
- The kid is the most important
- I learned new ways of communicating with my co parent that I will definitely use.
- Patience and honesty
- Strategies for communicating with Brian

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- to do what is best for my child
- Co parenting
- not to have judgement
- You have to work together to make our children feel comfortable loved and heard
- I think the important this is communication and develeoping a business like setting to ensure our child gets everything they need.
- how to appropriately address stressful issues with my co parent like not discussing it while the children are present.
- Active listening and how to keep my child out of the middle of adult problems.
- healthy communication
- communicate with the other parent better.
- Ways to communicate with the co parent properly as to not affect the childs view of each of his parents
- Encouraging my child to visit co-parent even when not really wanting to
- TO COPING WITH THE SITUATION
- To get along and to make sure any choice we make is best for the children
- A clearer picture of what "business like" coparenting looks like.
- To allow my children time and a safe space to voice their opinions and concerns.
- To discuse things in private never around the child
- Be aware of stress level; not to get "stressed out"
- How working with my co-parent TRULY is going be an onhoing process.
- The importance of having a clearly defined parenting plan.
- Learning to stay calm, especially as we get closer to the dissolution proceedings and moving out of our house.
- Use a healthy communication technique with my co-parent and respond appropriately.
- Respond appropriately to the co-parent; self-talk to avoid clashes and use "I messages" to convey
- take care of the kids
- To be able to coparent
- how to communicate with the co-parent
- On how to react with the. Child and what to do if they ask questions and to do a better job of co-parenting
- To listen and communicate more with coparent.
- How to make divorce easier for my children, so they can peacefully transition into the new lifestyle they will have.
- Setting boundaries, and effectively communicating for the better benefit of my child.
- to focus on my kids
- That the co-parenting process is extremely important to the well being and development of my child
- To listen

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- How to best communicate through active listening with my co-parent.
- Educated myself on my child's needs. Practice and resiliency
- People are still going to be them after they take this class
- To take care of myself and my children and co-parent with my ex
- Working together with my co-parent, all of the time. Not just when the child is with me. not following " not my parenting time, not my problem".
- Do not discuss details of the separation with your kids, Even if they are older and you believe they understand your view.
- Communication moving forward
- That co parenting is very essential in a child's behavior and development.
- That i need to take care of myself
- active listening
- The most important thing I learned was the needs of the different age groups of my children through a divorce; I also feel it was equally important to learn about properly resolving co-parenting conflict.
- The importance of open dialog
- Communicate with coparent. Include child feelings
- what a divorce is and how to take of my children.
- Listening is a huge part of moving on and staying healthy.
- We need to communicate and co-parent together for what's best for our children
- That coparenting is very important and that i need to communicate with the other parent better.
- "Keeping and maintaining healthy communication with the co-parent. Although techniques may or may not be used by other co-parent, I must always apply them to the best of my abilities. "
- Ways to communicate more effectively with my co-parent
- As long as you are putting your child's needs first you are doing the right thing.
- To control my emotions towards my co parent especially when our kids are watching.
- Communicate
- Communicate
- How the process affects children
- How it affects kids
- How kids react
- Consistency, different age children handle the situation differently
- Always stay positive for you children

## 2. What is one thing you will do to take care of yourself?

- Eat healthier and take care of my kids
- I will invest more in myself and my well-being.
- take time for myself

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- Exercise
- Move on
- Learn to relax more, stress less
- Reflect on my feelings, exercise, meditation & consistent journaling to help me process me feelings.
- counseling
- keep my self thinking positive.
- Get involved with more parents that have gone threv divorce to help me understand it
- Focus on being the best dad I can for my child.
- Stay active and enjoy hobbies during my free time.
- Keep busy and allow myself “me time” when I’m not with my child.
- Do the things that I enjoy doing more.
- Continue counseling for improved mental/emotional health
- have me time
- Find a support system.
- Get back into working out and being more social.
- Take time to clear my mind from stress by doing crafts and exercising.
- work towards becoming healthier , and focus on all the positive things i have
- Get support from a friend.
- Focus on myself and let go of any anger of the marriage ending.
- Continue my exercise routine and healthy eating. I plan on stepping it up a bit as well.
- Make sure my mental health is taken care of.
- Journal
- move forward and look to raise my children the best i can
- Meditation, exercising, and eating well.
- Exercise
- Let go of my own emotions to do what is best for my child.
- Write in a journal.
- Allow myself to grieve, but then move on
- I'm already doing it
- Meditate
- Make sure I always have positive people in my life
- Ask for help when I need it.
- talk to others if I need help with this
- Talk about how I'm feeling, and not holding it in.
- I started a second job and I started an exercise program



- Set some time aside to either have me time by myself or have friend or family time to express emotions.
- Work on my physical health.
- Get into volunteer work
- Talk to someone.
- let go of the past
- get involved with an activity
- Focus on moving forward in a positive way
- Talk with a friend about issues that come up.
- Exercise
- be there for my child
- move on
- Exercise more often
- I plan to continue to exercise and eat healthy and not feel guilty about some alone time.
- Listen to myself and know its ok to have feelings, find a hobby and make new friends.
- Get active to lose weight and talk out my stress with a family member or friend.
- Always do what makes me happy so the kiddos are happy. Mediate to collect my thoughts.
- Spend time without my child bettering myself.
- Pray for guidance and be supportive
- Stay positive
- spend time with friends and make time for myself
- Allow others to help me
- Let myself move forward to happiness.
- Continue to learn and be more open minded
- Talk to family/friends when feeling down.
- Surround myself with positive people and experiences
- Eat healthier.
- Love myself and my children
- Listen better
- Let go of the past, and heal one day at a time.
- One thing I will do to take care of myself is to exercise and find ways to release frustration in a positive way instead of arguing and yelling.
- exercise
- Yoga with friends
- Continue to see my therapist and start positive self-talk.
- Find a hobby

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- Stay as positive about every situation as I can
- Find time to relax
- Make sure I communicate things that concern me
- More yoga, more prayer, more time taking doing things I enjoy
- I always take care of myself.
- Take time for myself
- Seek therapy
- Walks, socialization
- Join a church/support group.
- Keep eating healthy.
- Spend time in prayer and exercise more.
- I plan to go to therapy.
- Find things that interest me to do for myself.
- take time for me
- taking time for myself
- Focus on me, exercise, and do things I enjoy doing.
- Do more things for me to make myself feel better about the situation we are in.
- Keep busy so I have less time to think about things that may go wrong.
- gym
- Try to stay active.
- Keep my self active in the gym
- Already have
- Positive self talk and keeping a strong relationship with my babies.
- Exercise
- Focus on my mental and physical health for the sake of the children
- Live my life like there is no tomorrow with my children
- Stay healthy mentally and physically for myself .s
- Communicate better
- listening to co-parent and respect their opinion.
- spend time with family
- Focus on the kid
- I will start taking more time for myself on my off time and make sure that I am doing things that make me happy.
- Mental stress breaks
- Attend my bible study group and church regularly.
- stay calm

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- talk to a therapist
- Be open with my feelings
- Do more things for myself such as fishing and hiking weekends.
- I need to focus more on my emotional and physical health because I really struggle with both.
- Continue therapy and make time to do things I enjoy.
- eat right and exercise
- Do my own thing and work on myself
- Try to live a healthier lifestyle
- Keep open communication. & stay positive.
- CONTROL MY EMOTIONAL
- Make new goals in life and fulfill them to better myself and the children
- Maybe I will have two massages per month instead of just one! CrossFit is fun but it sure makes me sore sometimes.
- I will get some counseling to help me cope with the stages of grief and loss I'm experiencing.
- Not become someone that stays alone, hang out with friends and family.
- get adequate sleep
- Start focusing on moving on with my life. Idle hands during a situation like this is not good. I intend to find new ways to stay busy and productive.
- Seek better coping strategies for stress and anxiety.
- Eat healthier, work harder and focus on my kids needs.
- Learn to get stronger day by day and try to involve in good things and get busy which makes you feel less depressed and not to worry too much about the past bitterness.
- Stay strong and engage in good things.
- stay busy
- Socialize
- manage stress better
- Not let the little things get to me
- Exercise.
- Setting boundaries, and effectively communicating for the better benefit of my child.
- study emotional intelligence
- Practice self care and stress relief techniques
- Not get stressed about things that I cannot control.
- I will try to take more time for self care such as getting a massage or going on a hike during the co parent's parenting time.
- Practice and resiliency be more self aware

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- Keep doing what i have been go to work everyday i can
- find things I enjoy to do when my kids are with their father
- Be more supportive of myself in the decisions I make in my life. To not feel like such a failure that the marriage is no longer.
- Let it all go. Move forward and stop being angry and feeling betrayed by my past relationship.
- Spend time walking communicating with friends
- Work on my health being my body and mind
- I need to prioritize exercise, and set boundaries with my co-parent and stick to them
- Learn that its not all my fault
- exercise and find something for me
- There are many things I need to do on a daily basis to take care of myself with the chronic illness. Through weekly CBT, I am working on processing grief, letting go and moving on, and listening to my body's physical needs.
- Let go of resentment
- Stay focus on my emotional health
- do the best for one another.
- Don't dwell on the past.
- Make sure im happy
- Have a more social life.
- Maintaining a positive attitude. Seeking to always improve myself to make life better for my child through hopefully a successful co-parenting with my wife after our divorce.
- I will cut myself some slack! I don't have to try so hard to do it all.
- Take personal time out whether it be to exercise or eat my favorite meal.
- exercise.
- Relax
- Relax
- Allow myself to feel things
- Not feel guilty
- Allow myself time for me
- Go fishing to relax an clear my head.

### 3. What is one thing you will do to take care of your child(ren)?

- Do anything and everything for them
- Be more attentive and reassuring.

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- one on one time
- Listen and validate how he is feeling.
- I will always encourage her to have a relationship with her mother
- Encourage them to communicate about their feelings without judgement
- Be present in their lives always.
- Love them unconditionally. Encourage them to Express their feelings without negative backlash. Encourage time spent with other parent.
- help them understand its not their falt
- better their well being.
- Help them understand why it is important to share time with the child
- be there for my child.
- Encouraging my child to spend time with his other parent.
- Maintain consistency with a structured day. Stick to routine with activities of daily living as close as possible.
- Reasure them that mommy and daddy love them
- Make sure they know both parents love them
- maintain a positive safe loving home
- Make more quality time
- Provide the best home I can for them and get along with their mother as best as possible.
- Focus on them. Be present when I'm with them. Keep them clear of adult conversations and allow them to just be kids.
- there is nothing i wouldnt do to take care of my children.
- Be a good co parent.
- Focus on him and ensure that he is physically and mentally healthy. Allow him to assist in making his choices of plan to assist in ensuring that this is effective.
- Keep the lines of communication open, let her know I'm willing to listen and will be there for her.
- Make sure they know they are loved by me and their dad.
- Spend quality time with them.
- Make sure they are happy not stressed
- Acknowledging their wants and needs through active listening.
- Always be there to listen and always work for her best interest
- Show him love
- Listen and comfort her as this can be a difficult time for her as well.
- Spend one on one time.
- Provide constant love and support and allow them to go through all emotions

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- spend time listening to their feelings and try to help them through this.
- Do activities with them and listen to them
- Always show love and support
- Be a positive person in their life so they feel safe communicating with me.
- letting her know this is not her fault
- Never say anything negative about their other parent. And if they need to discuss matters about the other parent do it with an open mind.
- Set more time a side at night before bed to talk and decompress the day.
- Spend one on one time with each other them.
- Encourage a relationship with their other parent
- Make sure they are happy and healthy. Also spending quality time with each of them.
- Keep as much of a routine as possible
- focus on my child when it is their time with me
- be a stable household
- Love them and encourage them to love both of us equally just like we both love them
- Reassure them that it was not their fault and make sure I'm present when spending time with them.
- Listen and spend quality time.
- be there for them and help them understand what is going on and that the divorce is not his fault
- See them often
- Keep a good routine
- I will not try to buy their love or affection and I will ensure we have steady routines and rules.
- I feel I have a good relationship with my children, but I can improve that with active listening and including them in some rules and decisions that are being made.
- supporting them in everything they do and always doing what is best for them.
- Always put them first even if I do get a boyfriend. They will always be my top priority.
- Not make them a confidant about adult issues.
- Be supportive and listen
- Always assure them that its not their fault if they ever feel that it is
- make sure she has all things that she needs
- Help him be aware he is loved by both mom and dad and we will do everything we can to make this new lifestyle adjustment in his best interest and continue to work together as parents to care for him.
- Project positivity and enforce good values.
- Listen and help them grow and be able to talk to me

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- Meet her every need. Reassure her she's loved and cared for.
- Create a loving and safe environment
- Spend quality time with them.
- Love and take time with each child and do something fun then do something fun all together monthly
- Be more supportive
- Love her unconditionally setting a good example.
- I plan on trying to help and encourage my child to express her feelings to the other parent when she has a problem.
- quality time
- Spend individual time with them
- Encourage them to take on positive self-talk and be more in control of daily tasks that can bring happiness into our home (choosing an activity of the day).
- Be more present and encourage him to talk about his anger more
- Let him know that I'm always here for him and I love him unconditionally
- Take time to actually listen
- Actively listen and watch for signs that potentially lead up to unhappiness, and keep stressing the fact that both of them can come to me at any time with any issues they are having about anything and provide the comfort needed by them to do so
- Listen, encourage and let them know they can always talk to me.
- My children are my #1 priority and always will be. So there isn't just one thing I am doing to take care of my children.
- Listen to them
- Communication about their feelings
- Remain as normal life for them as possible.
- Keep a routine and make sure to tell how much they mean to me daily.
- Help him with his needs.
- Let them decompress after transitions from one another's homes.
- I Plan to do more research on how divorces impact children and find the best way for her to process everything going on.
- Listen and talk to them
- spend time with them individually
- taking time to do things with them individually
- Really listen to them and understand their needs.
- always be there for them. listen to them and there concerns.
- Never burden him with adult issues. Work them out with his father on our own time.

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- Put them in a good environment
- Ask more candid questions.
- Always put them first when I have them
- Make sure they are happy and never worried about anything
- Nurture them in any way they need, even if it means wanting to see or talk about the other parent.
- Spend quality time with them and listen to them.
- Spend quality time with them
- "Let them know I'll always be here for them"
- Stay healthy mentally and physically for myself and my child.
- Make sure I listen to their needs
- everything i can.
- spend as much time as possible with them
- Give them my attention
- I will make sure that they always have a loving and caring environment to come too.
- Help with education
- Set aside family time when we are together.
- be supportive
- listen to them and let them express themselves let them know they are loved
- Listen to their needs
- To set activities and to include them in everything to make sure they are they loved and I am there for them.
- I need to become better at communicating with my child. not just about divorce either.
- Spend one on one time doing things I enjoy with both of my children and individually with each child.
- strong communication
- Be there for them for anything and listen to them
- Always be there for them when they are in need of support
- The same
- SPEND MORE TIME WITH MY KID
- To always be there for them for anything
- Hard to pick one thing. I do all the things!
- Give them needed one on one time to express their thoughts and feelings with me. Create bonding and memories through these moments.
- Always give him attention when he is with me and always be someone he can count on. Make sure he is loved
- have one on one time with each of them

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- Quite simply I need to start taking care of myself if I am to take care of them.
- Communicate better with co parent.
- Make sure they know I will be there for them and that I love them.
- Always let them know I am there for them.
- Support my child and see to that the child is safe and secure and there must be no major changes that will impact the child's future.
- Support and listen to the child and allow them to share their feelings with us and see to that they are not stressed out with this big change and try not to make any major changes that might end up in impacting their future.
- always be there
- Listen to them
- Be more attentive to their needs during this time
- Spend as much time with them as possible
- Provide a loving, stable relationship moving forward.
- Focusing on their mental health and well-being.
- provide them with an emotionally stable household
- Keep them out of adult issues
- Be an active listener.
- I will try to have a good relationship with my co-parent to benefit our child.
- Be more attentive. Learning how to resolve issues.
- Well right at this min im not aloud to talk to her
- do things with them they enjoy to cherish the time we have together
- Be more supportive with their lives while they are away from me.
- Focus on their needs and not on my wants.
- Spend time with them
- Love them all i can and spend as much time as i can with them
- I will try to spend one on one time with them each
- more time as a family
- reassure them that the divorce is not there fault
- The one thing I will do to take care of my children is to remind them that they are unconditionally loved and prove this to them through my choices/behaviors.
- Never let them forget that both of his parents are always here for him
- Communicate with child feelings
- to be more closer with them and talk to them when they arent with me.
- Stay positive.
- Make sure they are always happy and know they can always come to me for anything
- Communicate with them more.

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- Keeping Oakley positive with reassurance through good communication as she grows. Always maintaining a stable environment with routine.
- I will work harder to foster more trust in their other parent and work to teach them better ways to communicate as they grow into adults.
- Making sure she is happy and help her through any questions and emotions she may have throughout the process.
- To ask how they are feeling and if they want to express any concerns.
- Listen
- Listen
- Listen to there body language
- Listen
- Listen to them
- Set boundaries and rules that are consistent with co-parent
- Be the best co parent I can be

#### 4. What is one thing you will do to take care of your co-parent relationship?

- Talk to them and just be friendly and respectful
- Compromise
- listen
- Remember that he is doing his best.
- Try to be respectful
- Open communication
- Interact more. Continue to Develop a parenting plan that adjusts to my child's needs. & allow each of us to move forward with support from the other parent.
- Not get mad
- communication
- Listen and be more open of ideas
- listen
- My child's father has a busy work schedule that changes so visitations are not always consistent. I am flexible when it comes to my child seeing his other parent
- Maintain calm discussions about our child and issues concerns of his feelings and needs.
- Not fight and listen to what she has to say
- Communicate better
- positive communication
- Keep a business type attitude
- Listen more and focus on the children.
- Focus more on listening not being right.

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- wait until he is ready to help parent.
- Listen
- Deal with conflict in a business way and not take things personally.
- Make sure things are written down to avoid confrontation later.
- Communicate and listen better.
- Communicate better
- Never bring up the past
- Lots of open communication
- Listen
- Actively listen
- Listen
- Listen.
- keep it focused on the children
- just let go
- Respectful communication
- Communication
- To be consistent and stick to the topics regarding our kids and the best outcome for them.
- working well together even if we are not together will benefit our daughter
- Stay calm
- Listen
- Not being so frustrated.
- Listen to him and let him explain himself
- Keep the discussion about our child
- Communicate better
- Communication
- respect privacy
- Communicate
- Maintain respect
- Listen fully
- be more civil
- communicate
- Let her finish speaking begotten I respond
- I will try to communicate more in person verbally rather than through text messages.
- Better active listening, I thought I was good at that before but I didn't realize how wrong I was.
- Always listen to their opinions and concerns.

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- I will always try to communicate with him.
- Giving respect and communicating
- Stay calm
- Always communicate
- listen to what is said before judging
- Work together.
- Communication
- Listen and come to agreements
- Communicate as best as possible.
- Encourage communication
- Listen.
- Listen
- Listen
- Show respect, listen with the techniques you have taught.
- I hope to have more structured meetings to discuss rules and consequences.
- effective communication
- Listen
- Strive for better communication (an on-going process, always and forever)
- Become more business-like and ask less personal questions
- Try my best to work on our communication.
- Listen more
- Truly consider the concerns the co parent may have in the future
- Listen and take more time thinking before responding
- We already talk and communicate about everything involving the children and sometimes talk about other things that are bothering us in everyday life.
- Listen
- Communication
- communicate better
- Be a better listener
- Keep being cooperative.
- Communicate
- I will be more understanding of his point of view.
- Active listening
- communicate more
- respect their private life
- Listen and be mindful of their feelings.
- Communicate

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- Listen
- be a good listener
- Listen and be non judgemental
- Never argue in front of my children
- Comuncicate
- Be respectful.
- Be respectful when we communicate and make sure we keep lines of communication open.
- Speak calmly and not judge when handling conflicts
- Get along for the children
- Try to be able to solve promblen together calmly.
- Communicate better
- patience and understanding.
- try to maintain open communication
- Response with the other
- I will make sure to communicate issues and not do it in a negative way.
- Honesty
- Be a better active listener
- try not to argue especially in front of child
- try to communicate calmly
- Listen to each other and work together
- Limit arguements
- I will be more understanding that we both have tons going on in life.
- Offer to taking divorce counseling with my coparent and his significant other.
- good communication
- communication
- Keep communication open without arguing
- Encourage positive actions & visitation.
- COMMUNICATION
- Comunicaye better
- Keep it business-like and leave emotion out of it.
- I will watch my tone and body language as it is a trigger to my co-parent.
- Communication
- listen
- Listen
- Improve communication
- Communicate

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- Stay calm and communicate effectively.
- Communicate appropriately when needed and keep a healthy relationship with the co-parent for the sake of the child and its future.
- Respond appropriately when needed and keep a healthy relationship with the co-parent for the sake of the child
- listen
- Comprise
- be a better active listener
- To communicate better on what's best for the child
- Forgiving my coparent and letting go of any ill feelings I have had.
- Communicate effectively, keeping about adult matters between the co-parent and I
- Maintaining healthy boundaries
- remain unemotional
- Be respectful of their decision making in regards to the child
- Listen
- Actively listen and not judge.
- Learning how to resolve issues. Keeping our main concern focused on our child's needs
- Let her live her life
- communicate well
- Be more communicating with my co parent.
- Try to communicate better and walk away if the conversation is not going well.
- Be respectful
- Listen
- listen better
- communicate more
- I will always work on listening and not criticize/judge my coparent.
- Communication
- Communicate
- to talk with her and be still be able to communicate
- Stay positive.
- Always communicate
- Listen more.
- Maintaining the relationship formally as a business.
- I will be patient and communicate more openly, without judgement or expectation.
- Communicate
- Continue to respect him as a co-parent and my kids father.
- Communicate

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- Communicate
- Get things in writing
- Stronger Communication
- Good communication

**Other comments:**

- Thank you for the class. Has been very helpful.
- I enjoyed the class. I feel like it can be very helpful in this transition. I hope all parents take it seriously, learn and apply the information.
- i think this is a really nice course. i dont feel as though any of it relates to my situation . But it was very educational .
- Thank you for the information.
- I loved this class. I enjoyed every minute of it. The information was wonderful and very useful.
- There was no mention of how to handle the transition if one parent remarries someone who already has children. I think this would have been very helpful
- Great class!
- Their dad didn't want to do this class with me. He thinks we should have been able to do it separately. Sometimes you can't co parent with a child. He is always right and everything is his way or no way. I wish he would have taken this because everything you said with new relationships they still want their dad time. He always talks badly about me the mom. Its just to bad he is missing the time with his kiddos.
- It was a good class.
- I hope to take things that I have learned from this class and better my relationship with my child and and my co-parent. This is a great class that I wish I would have taken years ago!
- Thanks.
- What do you do when your co-parent thinks and acts as though it's their way or no way?
- The fact this class is mandatory speaks volumes to the state of our country. Parents who actually want to be involved in their children's lives should already know these things. Also I would refrain from calling children kids. Sounds so uneducated and coming from OSU, come on really.
- Excellt course, thank you!
- This class is very helpful. It would be nice if it elaborated on what to do when an affair happens and the co parent immediatly brings in the mistress to spend time and overnights with co parent and children.
- Custody is "shared" on paper but dad is 3 hours away and does not have his own residence so most contact when there is any is virtual and they spend majority of their

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time with me the mom. When they do spend time with dad it's good/ fine but happens so infrequently that I cannot say his relationship with them is good.

- I've learned alot from this course and I recommend it to everybody that is going through a divorce or a separation
- Thanks for taking the time to provide me with better coparenting skills.
- I thought I had this under control because my kids are respectful with good grades and tend to be happy when around me. However, I have made some mistakes and feel that they will benefit by me working with their mother when possible.
- Thank you for the opportunity to learn more about myself, my children, and my co-parent so that my life can continue to move forward in a positive direction.



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