

Successful Co-Parenting Online[®] **2021 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).

In 2019, *Successful Co-Parenting Online*[®] (*SCP Online*[®]) was launched as an affordable and easy to navigate online course and is available to anyone anywhere in Ohio and beyond (see <http://scponline.osu.edu>). It has the same primary objective as our face-to-face class: 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 The Ohio State University with all the appropriate privacy protocols in place, *SCP Online*[®] 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*[®] or our face-to-face class, *Successful Co-Parenting*[®], 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[®] has continued to be a valuable resource for separating and divorcing parents in 2021. Parents from the following Ohio counties participated in this online course: Belmont, Champaign, Clermont, Coshocton, Darke, Delaware, Hardin, Harrison, Holmes, Miami, Perry, Scioto, and Washington. There were a handful of people from outside the state who participated as well. Although nearly 880 people took the course in 2021, only 380 completed some or all of the evaluation assessment.



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 nearly 880 people took the course in 2021, this report is a presentation of the 380 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 five “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 380 participants (some items have fewer than 380 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.

Participant Sex	n	%
Female	201	55.8
Male	159	44.2

Table 2.

Participant Age	Mean	Range
	37.1	21-63

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Table 3.

Divorce Status	n	%
First Divorce	286	80.1
Second Divorce (or more)	68	19.0
Never Married but Lived with Co-Parent	2	.6
Never Married, Never Lived with Co-Parent	1	.3

Table 4.

Employment Status	n	%
Full-time	274	75.9
Part-time	46	12.7
Unemployed	41	11.4

Table 5.

Shared Parenting Custody Arrangement	n	%
No	114	32.2
Yes	240	67.8

Table 6.

Parenting Plan	n	%
No	83	23.2
Yes	274	76.8

Table 7.

Highest Educational Level Achieved	n	%
Some High School or Less	15	4.2
High School Diploma or GED	141	39.5
Technical / Trade School Certificate	47	13.2
2-Year College	55	15.4
4-Year College Degree	58	16.2
Graduate / Professional Degree	41	11.5

Table 8.

Racial / Ethnic Status	n	%
Asian or Pacific Islander	5	1.4
Black or African American	4	1.1
Hispanic or Latino	5	1.4
Native American or Alaska Native	1	0.3
Multi-racial	5	1.4
White or Caucasian	333	93.5
Other	3	0.8

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 380 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 indicate that the vast majority of participants agreed or strongly agreed that they (1) learned new information from the class, (2) plan to use the information they learned, (3) feel 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.

	Strongly Disagree	Disagree	Agree	Strongly Agree
I learned new information from this class.	16 (4.4%)	22 (6.0%)	225 (61.3%)	104 (28.3%)
I plan to use the information I learned in this class.	13 (3.5%)	4 (1.1%)	167 (45.5%)	183 (49.9%)
I feel more prepared to co-parent as a result of attending this class.	15 (4.1%)	19 (5.2%)	205 (55.9%)	128 (34.9%)
This class was helpful.	18 (4.9%)	10 (2.7%)	219 (59.7%)	120 (32.7%)

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 380 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.

Before I took part in this class, I knew...					Now, after participating in the class, I learned...			
Strongly Disagree	Disagree	Agree	Strongly Agree		Strongly Disagree	Disagree	Agree	Strongly Agree
4 (1.1%)	38 (10.6%)	244 (68.0%)	73 (20.3%)	...about my own grief and loss during the divorce process.	4 (1.3%)	21 (6.8%)	158 (51.3%)	125 (40.6%)
3 (0.8%)	48 (13.4%)	216 (60.3%)	91 (25.4%)	...about the importance of caring for my own emotional health.	3 (1.0%)	15 (4.9%)	143 (46.7%)	145 (47.4%)
6 (1.7%)	55 (15.4%)	233 (65.3%)	63 (17.7%)	...how the divorce process impacts my child(ren) based on his/her age.	3 (1.0%)	9 (2.9%)	121 (39.3%)	175 (56.8%)
1 (0.3%)	14 (3.9%)	218 (61.1%)	124 (34.7%)	...about the importance of having stability and consistency in all aspects of my child(ren)'s life.	3 (1.0%)	13 (4.2%)	112 (36.5%)	179 (58.3%)
1 (0.3%)	11 (3.1%)	218 (61.2%)	126 (35.4%)	...the importance of healthy communication with my child(ren).	4 (1.3%)	11 (3.6%)	107 (35.0%)	184 (60.1%)
2 (0.6%)	40 (11.2%)	225 (63.2%)	89 (25.0%)	...the importance of healthy communication with my co-parent.	3 (1.0%)	8 (2.6%)	118 (38.6%)	177 (57.8%)
9 (2.5%)	59 (16.7%)	224 (63.3%)	62 (17.5%)	...how to use healthy communication techniques such as problem-solving with my co-parent.	3 (1.0%)	11 (3.6%)	122 (39.6%)	172 (55.8%)

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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 34.0% and 53.9% 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.

	Positive Change	No Change	Negative Change
...about my own grief and loss during the divorce process.	119 (38.8%)	151 (49.2%)	37 (12.1%)
...about the importance of caring for my own emotional health.	131 (43.0%)	142 (46.6%)	32 (10.5%)
...how the divorce process impacts my child(ren) based on his/her age.	165 (53.9%)	122 (40.0%)	19 (6.2%)
...about the importance of having stability and consistency in all aspects of my child(ren)'s life.	103 (34.0%)	172 (56.2%)	31 (10.1%)
...the importance of healthy communication with my child(ren).	108 (35.4%)	168 (55.1%)	29 (9.5%)
...the importance of healthy communication with my co-parent.	141 (46.2%)	145 (47.5%)	19 (6.2%)
...how to use healthy communication techniques such as problem-solving with my co-parent.	161 (53.0%)	124 (40.8%)	19 (6.3%)

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 new information about the various co-parenting topics. A “no change” tally is not a knock against course effectiveness. At first glance, 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 evaluation questions or the retrospective pretest 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*[®], four targeted 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 targeted 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? Most of the punctuation and spelling have been preserved.

1. What is the most important thing you learned?

- 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.
- Don't discuss the specifics of the divorce with my teenage son.
- Reminders of effective communication in this situation.
- For us all to live a peaceful and prosperous life
- How to work on my emotional and physical health.
- Taking care of my emotional health is important.
- In taking care of myself, I need to transition my thinking from marital/Friend to a business partner with my co-parent.
- Open communication
- How to communicate in a non confrontational manner and help my children to cope with the divorce
- How to be able to coparent effectively
- Work together and communicate
- Open communication
- How to deal with my son in a safe and healthy way and also my co parent
- Communication
- Communication
- Co Parenting is for life
- That the stress and emotions I've been going through are normal and if I value the wellbeing of my kids as much as I think I do, I've got to do this the right way.
- Not involve the child in why the divorce happened
- I genuinely already have taken this class in college. I definitely think this course should be all essays. True and false can be subjective to different families.
- How to minimize the stress is coparenting

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- The different communication techniques I found very helpful and I plan to use them in the future.
- How important it is to become a calm and respectful coparent and to learn to listen to concerns from the other. Keeping the kids forefront in the process thinking of their well-being.
- Children are the most important aspect and communication is key
- The need for communication
- While much of this information was not new for me, it had several great reminders, such as how to positively resolve conflicts in the best way and interest of our child.
- Tools and tips on how to effectively communicate with my co-parent.
- How my co parent might feel, the grief and sadness.
- The type of hurt my co parent is experiencing
- I still have to communicate with her.
- The most important thing that I have learned is that children go through more trauma of divorce than I would imagine. For me growing up I thought it was normal and knowing now that it has a big impact on the child and how the parents co-parent.
- how to co-parent and maintain a healthy relationship with my children
- Communication
- Communication
- The importance of maintaining a healthy relationship with the co-parent and providing a consistent home for my children.
- Quality over quantity
- I know much of this content from my background in child development, but this course was a great reminder of the importance of continuing a positive coparenting relationship with my coparent and maintaining and encouraging open communication between my child and myself (as well as between my child and his father).
- I was reminded of the importance of maintaining a positive and constructive relationship with my coparent for the health and well-being of our son.
- The steps of active listening.
- Communication
- Reminders on how to effectively communicate in stressful situations.
- That respectfulness and communication are key to successful coparenting.
- You have to listen and communicate
- I learned the impact of divorce on my kids at their age levels and how to respond to them at each level.
- Ways to effectively communicate with my co-parent.
- Pay attention to my child's feeling
- Pay attention to my child's feelings
- How to better communicate with my child's mother based on his best interests

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- Child development
- Communication is the most important thing I learned.
- How divorce impacts children at different ages
- Co-parenting takes two parents, and it's for the best interest of the child
- To be a good co-parent, listen and communicate for my child's best interest
- How co-parenting plays the big impact on the child's development
- How to coparent better
- How to be a successful Co Parent with Children
- The most important thing I have learned is how to communicate better with my kids and my co-parent
- We need to work on our communication, or the lack of communication we have as a married couple and now a co-parent.
- Staying on topic
- To always put the child first and do what's in the best interest for them..
- The most important thing that I learned was how the divorce may impact the children.
- To listen and be more open and always keep the child's best interest first
- Talking is very important
- Communication processes laid out in a concise way for understanding and healthy boundaries with this new situation/relationship.
- How to interact with my child
- How to have less stress in our life
- The importance of getting along with your co parent
- I need to be there for my child
- Healthy conversations between each co-parent,
- How to communicate with coparent in the best way for child
- To not fight in front of the children. To get along around them
- The most important thing I learned is a key part of the process is to take care of me also as it's an integral part of how I will move forward with me and my child.
- To be respectful while maintaining boundaries. Children should be allowed to be children not be expected to be parents.
- I learned that my co parent and I need to have better communication between the two of us. I learned it is very important to help solve our issues on a time the child is not around. I found it to be helpful to learn how to work through any issues we may have and learn to cope parent better for the sake of our child, he is the most important part of all this. I also learned that I need to focus more on self care and loving myself again after divorce.
- It's about the kids, not us.
- I was reminded that I need to fully listen to the responses of my co-parent before responding to situations

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- To not tell my child too much information about the divorce. Even though she is 17 she doesn't need to know so much.
- How to handle my own self and how to better communicate and listen to my co-parent. I also personally like using the term "co-parent" (thanks for that). How to more efficiently get to the root of a problem in order to find a solution.
- How to be a better and more effective listener.
- Just how to focus more on the present issues and not past.
- To be listen and be understanding of my daughter and ex-husband
- Not discussing issues about the coparent with the child
- Body language
- The most important thing I learned is how to deal with common occurrences that were described in the video by other people experiencing divorce like if they get questions about the other parent, dating, etc.
- Effective active listening is key. Think before you speak will go a long way in an effective co-parenting relationship. Communicating respectfully, as well as collaborating together on a solution to a problem is key.
- Communicate with my children
- To make sure I take care of my emotional self to help me be able to be the best parent.
- How know that when it comes to co parenting that you need to be open minded and have respect for the other and to make sure you let your kids know that both parents love you and it is not their fault.
- I don't know that it's what I learned, but it definitely was a refresher on what you say, and do effect your child - even if you can't see it. That I need to be more consistent with rules, schedules, etc - because it helps when everyone knows what to expect.
- How to co parent better
- How to answer tough questions
- Nothing
- To make sure my children have healthy relationships while co-parenting
- The most important take away is to continue to remind our children that this divorce is not their fault and to continue to provide a strong and stable home foundation between us as co parents.
- How vital it is to communicate
- Coparenting is to be treated like a business relationship
- How to more effectively communicate with my coparent
- Most important thing is to always make sure the child/children are never neglected in any way due to your relationship with the co parent. And how communication with your co parent is so crucial.
- How divorce will impact my child
- Co parenting

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- I learned how to manage and be more cooperative in being a parent and working with the other parent
- That all aspects of communication is the most important thing.
- how to co parent better. being less irritated and misunderstanding
- Realizing how my behavior and actions can effect my kids emotions and outcome. Also how being civil with my ex-wife and getting along and working together will have a better impact on my children's lives.
- The different age groups for children and how they respond to divorces
- how it all effects my kids
- how to talk to my kids about their feelings about what's going on
- Stability and making sure they can rely on consistency
- That it is sad that people have to be told this stuff. It's great that this is here for people to use. Thank you
- To do more team work. As well as be more open. And communication between both parties
- Keeping our relationship on a business type relationship level
- To truly listen to my children's father to problem solve
- Communication
- Always keep communicating with the kids and allow them some time to heal and grow.
- Problem Solving Technique
- How to better communicate with my co parent.
- How to better communicate with my co parent.
- Let child know its not their fault
- Listen to child when they have a issue
- The most important thing I learned was about forming a parenting plan.
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- I just like the fact that we are reminded to put the child first, and they are going to be the most impacted by this.
- Working out problems
- How to co-parent with the other parent and how not to talk bad about the other parent in front of my child.
- To use a business like approach with my coparent
- How important it is to communicate through everything keeping kids out of personal issues.
- That communication is the key to a successful coparenting lifestyle.
- Communication is key
- to treat our co parenting relationship as a work colleague not as intimate
- Communication is best when business like
- That children's ages affect how he/she processes the divorce.

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- How to communicate
- to listen to both parents and the child
- Communication is key.
- Communication skills and taking care of my children's needs throughout this process.
- How to communicate better
- Techniques to help co parent.
- Communication with the co-parent is the biggest step
- Changing the parenting plan as the child gets older.
- To allow communication to get better
- That this was a waste of time and money. I can see how it would help if I just got separated but making me take it 9 years after the fact is a waste
- How to have better conversations with the co-parent.
- The most important thing I learned was to always make decisions that keep the best interest of the children in mind.
- How children are impacted by separation of parents.
- That no matter how upset I am at the other parent, I still have to do what is best for my child.
- Don't discuss the separation with children
- That I have the option to say "This isn't relative to our child or coparenting, and now is not the time to discuss it".
- How to better communicate with my coparent Without having my child in the middle
- I think the portion about active listening was the most helpful for me. I try to do this but because my ex tends to ignore me, I jump to conclusions and get upset.
- I need to focus on making myself better.
- Co parenting ideas to improve
- That no matter what differences may arise between me and the other co-parent, as long as we keep our child's needs and wellbeing at the center, we can work through them.
- That the wellbeing of our child is of the utmost importance.
- Coping with divorce and helping the kids understand why it's happening.
- How important it is to take care of myself so I can better care for my child
- To stay calm and focused when co parenting
- How to learn to get along with my go parent, and things not to say around my child about the other parent.
- That no matter what we both have to talk and come up with a good solution for the problem
- That our decisions from here on out when it comes to parenting through this divorce are going to have an impact more than if we were not going through this.
- The most important thing I learned was successful communication can have a life long impact on my children.

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- Keep the kids out of the arguments
- Ways to better communicate with my coparent and how techniques for helping William when he doesn't want to visit his dad.
- The most important thing I learned was how communication should be addressed.
- The importance of my own mental health and well being while going through a divorce from a dictator.
- To maintain a stable environment for my child
- How to work better with my co-parent to make things easier for our children
- How to be there for my children and how to communicate better with my co parent
- How to deal with future questions from my child about what happened between his mother and I
- The most important thing I learned is to utilize business professional relationship when resolving conflict.
- How about giving a child a gift and letting them take it wherever they would like
- How to appropriately Communicate with my children
- All great reminders! Thank you for sharing this with me.
- How to communicate things about the divorce and co-parenting situation with my children
- That my kids are going through just as much as me mentally and physically through this process and I learned new ways to help me and them cop
- Keeping the communication open with the co parent and not feeling guilty about anything
- How to communicate with my kids and coparent. What different things my kids may feel or think for their ages
- I have been coparenting for two years before my divorce, so these are processes we already had in place
- That I already am a great co parent
- That I'm already a good co parent
- To listen fully
- To see how your child acts
- Making sure my children feel loved and supported by both parents.
- On how to be brief and on point about child rule on each parent's house.
- That the state places a great deal of importance on co-parenting and thus the emotional well-being of Ohio's children.
- Not to respond negatively when the co parent talks bad about me
- How two house holds have different rules
- How to better interact with the co parent
- We are looking out for our child's best interest, as co-parents.
- How to talk to the children about the disillusion.

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- We can still be a healthy family
- To stay calm, speak at a good "time", and focus only on the child.
- That I need to keep a stable and healthy environment for my children and that I need to be mentally healthy to be able to give my children their best life.
- The value of communication
- That children of different ages need to be treated differently during divorce
- Ways to talk through situations
- How to communicate with coparent
- Work together
- Listening
- The importance of self care so that I can effectively coparent
- How to handle the coparent
- Then different feelings associated with different aged children.
- I learned nothing from this.
- My spouse and I have been separated for years and are just now in the divorce process. It was an emotional and verbally abusive marriage so I have been in counseling and recovery groups for over 4 years learning this information. Though I am familiar with this already, it's a great reminder and great class for people struggling with the loss.
- Honestly I didn't need this course but I think it could and would be beneficial for most people going through a divorce. Mine is one of the rare ones where both parties not only still get along but are great friends!
- That we are not divorcing a child I am a parent for life.
- Let the coparent finish before I interrupt.
- How important it is to try very hard to work to as coparents to raise a wonderful child together
- Respecting one another's homes as their own private space. I am a mental health therapist and much of this was not new information.
- How important it is to keep it professional.
- How to deal with conflicts between coparents.
- Different communication techniques, and how to change from an intimate relationship to a business relationship.
- To make sure to always communicate positively.
- How it affects different age groups.
- That I need to do what I can to protect my children and keep them away from as much adult conversation as possible.
- To respect the coparent.
- How to work through my divorce and help my child
- To call my ex, "your mother"
- How to deal with the other parent

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- How to do parent and not bring personal issues in
- How to respect my kids dad
- To listen to the other co parent more
- Not to get too personal
- The most important to me was learning the different stages of children's feelings and emotions about divorce
- Communication is key. You must remove emotions from your behavior.
- Don't let what I feel be pushed on the kid
- To try and problem solve and do what is best for our children.
- How to help manage the children's feeling during the divorce
- To co parent it takes both parents must be a team and both parents must look out for the well being and emotions of the children.
- To try and be a better co parent while maintaining positivity.
- Communication between parents is key.
- Learning how to coparent just for the kids and learning how to take care of myself and children throughout this process.
- Kids react in different ways towards the divorce.
- Working together and focusing on the needs of the girls first and foremost.
- To wait and listen then think
- I learned it is important to keep the conversations strictly to information about the child.
- Co parenting doesn't have to difficult.
- The importance of communication
- I think it was writing the answers out to be reviewed, It helped me categorize next steps needed.
- That I need to be an active listener and learn to talk through issues
- How important coparenting is.
- To work collaboratively to provide a stable environment for my children.
- To treat my coparent as a cordial colleague.
- How my kids may be processing their emotions and how to recognize this.
- My feelings about the divorce are common and normal.
- I feel that I already knew most of the information. It is all important.
- Techniques to be better co parents
- To be honest, I learned nothing new here. But I sure do hope my Ex has.....
- No matter what be there for your kids and other parent because all this is very important for the kids and their future
- I think this was more of a reminder and an encouragement than a learning experience. Divorce is hard. Raising kids is hard. But knowing that there are techniques that are

proven to help along the way is really relieving. The specific questions answered at the very end of the course were the most helpful in my opinion.

- That the reason for my anxiety was coming from jealousy.
- Children suffer from a divorce too and soak up all of your positive and negative energy towards coparent.
- To keep focus on the kids, and to work with the co-parent to the best of my ability to ensure they are happy.
- Move past my wife seeing other people
- Better listening techniques
- How it impacts the child
- The importance of keeping my kids feeling at the top of my list, and if im not any control myself emotionally to go seek help
- How to communicate with my co-parent effectively.
- To listen and understand what is being said before i say anything
- To listen to everything before saying anything
- I learned that I need to having healthy communication skills with my co-parent and also that I need reassure my children that the divorce is not their fault.
- The most important thing I learned is the techniques to resolving conflicts and disagreements.
- Communication strategies with co parent
- To treat coparenting as a work colleague rather than a personal relationship
- Make no assumptions, suspend judgement.
- Great class. It helps having parents teach the class who have/are co parenting.
- Realizing how big of a transition it is going back and forth between parents. The 20 minutes of play time when they first arrive back at my house before asking any questions is something I will start doing immediately.
- How to handle dealing with disagreements with the coparent
- The impact on my children that the divorce may have, and how to make thing a little easier for them to cope with the situation.
- The things we do and do not have to communicate with the co-parent
- It is ok to allow things in the Childs life to remember the time the family was together before the divorce.
- To create more separation between myself and my coparent
- How to properly communicate. Taking a step back and listening.
- My child's emotional needs are just as important as my own.
- To make sure you communicate properly with the other parent and not involve the children in adult conversations that they don't need to hear.
- How to best answer the tough questions your child may ask and how to best introduce a new person into their lives

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- How to better handle the situation for the well being of my child.
- I learned that even though we may think we are doing what is best for our children we don't actually know without talking to them and communicating with them their feelings as well.
- Disagreeing with my co-parent changes nothing and only hurts our kids.
- The different age groups of how it affects children differently
- That no matter how much one parent understands the importance our relationship is in relation to our child, we have no control over the other parent.
- That I can be a better co parent.
- To put what is best for my children first.
- Co parenting is like a business relationship and not to discuss personal details with the child
- Open communication
- Making sure I am not allowing my emotions to hinder my parenting ability.
- How to effectively communicate with the other co parent
- Keeping adult conversations away from my daughter
- Co-parenting
- Understand child's frustrations and how to react to them.
- How to be the best coparent I can
- That successful coparenting makes for a successful child.
- It's all about the best interests of the children.
- Communication is key
- To make decisions that are best for the child and to try and resolve conflicts peacefully.
- Communication techniques to use during co-parenting.
- The most important things I learned were specific techniques and guidelines for communicating effectively with my co-parent and managing conflict. It also reaffirmed my belief in some of the approaches we were already using re: consistent rules across households and so forth.
- COMMUNICATION TIPS WITH COPARENT
- how not to talk about the other parent in front of the children
- To ask questions
- How to co parent more successfully
- Separating my wants from my child's needs
- Communication
- To help the children transition smoothly through the process to help with their emotional needs for healthy growth
- The importance of stability and consistency with my children.

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

- 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.
- Stay active. Volunteer. Allow myself time to grieve. Think happy stuff.
- Make friends
- Spend more time trying to journal to get my thoughts out of my head and not keep them to myself
- Spending time journaling to get my thoughts out of my head
- Keep busy and keep a good attitude and to be closer to my son
- Relax with my child more often to relieve stress.
- Stress less.
- I will continue to attend faithful counseling and seek opportunities to get away with a friend while the kids are at my co-parent's home.
- Self care
- Help better myself
- Support myself and continue moving on with my life
- Journal and exercise
- Exercise and journal
- Know that it's okay not to be perfect but you have to try what's best for your children and take time for yourself to be happy
- Exercise
- Exercise
- Keep a healthy body and mind
- Go easier on myself for feeling the things I have. This course helped me to validate them and was very positive. Thank you.
- Make time to relax
- Keep positive and practice kindness
- Exercise and make sure I have support around me in family, friends and professionals.
- I will make time to run and meditate.
- Move past the negative feelings of divorce and focus on my children 100%
- Remain resilient
- Stress less
- I will continue to keep my relationship with my co-parent in perspective. There are things we should talk about and things we should not.
- Attend counseling to better myself and heal through the divorce process.
- Focus on how to physically better myself also
- Physical activity
- Focus on the kids vice the situation.

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- Positive thinking and better ways of dealing with stress moving forward and after the divorce.
- always stay positive and focus on the well being of my children
- Me time
- Me time
- Maintain a regular exercise and stress-reducing routine.
- When feeling over whelmed take a moment to clear my mind and come back to the problem with a fresh view.
- I will maintain my workout schedule and reach out to my family and friends more often.
- I will maintain my workout schedule and reach out to my family and friends more often.
- Continue to attend church
- Sleep
- Continue self awareness and self care activities like getting my hair and nails done.
- Pursue old hobbies again.
- I will continue to work out to build my self-esteem, be physically healthy, and reduce stress.
- Try to not blame myself for our divorce and to not blame myself when my child is upset about her parents not being a couple anymore.
- Take time for myself
- Take more time to breath
- Keep maintaining a healthy lifestyle. Diet, daily activities, etc
- Maintain healthy relationship with co-parent
- Continue to live for my children and not worry about what my ex is doing unless it involves the children.
- Invest in friendships and hobbies
- Make time to do stuff with friends.
- Make time to do things I enjoy
- Try to continue to be a positive voice for myself
- Taking care of physical and mental health
- Walk
- I will do my best to keep a positive attitude and healthy life style
- Move forward
- Take deep breaths work on being more understanding have a open mind for different views
- I will be sure to have a healthy outlet for stress and emotions relating to my divorce.
- Get rest exercise
- Set up so me time
- Balance rest, work and joy.
- Be positive

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- Stay active and move on
- Reach out for help or someone to listen rather than keeping everything bottled up
- I will reach out for help or someone to listen if i need to vent or get things off my chest rather than hold them in
- Find new hobbies to fill time.
- Talk with others about what I've learned and how to deal with issues
- Stay positive
- Taking on new hobbies and taking notes down when I feel off.
- I will take time to focus on my own mental health and relaxation. I will begin taking care of my body to become healthier
- I will begin to focus more on meditation and allowing myself to speak more openly about my feelings and concerns.
- Focus on things I can control and accept the things I can't.
- I will take time to better my physical health in order to better my mental health. I will ask for help.
- Let go of the fact my co-parent has already found a new family to join into with our kids
- Accept that I have made mistakes, learn from them and move forward.
- I will be sure to set some time aside to reflect on things. I will also try to spend more one on one time with each one of my children to help reduce stress and create a safe open place for them to talk about anything that could be bothering them or I. If it is a situation that is suitable to talk to them about.
- Seek out friends and family.
- Continue counseling
- Exercise and be healthy
- Allow myself to grieve
- Employment
- I will focus on a positive mindset and make time for myself to ensure I am in the best state possible to help raise my children
- Continue to surround myself with people I can talk to in regards to the situation if I need to.
- Be a better parent and co parent
- Enjoy life.
- Not to get down on myself for wanting the divorce and have more of a positive attitude.
- Continue practicing positive self talk. To take time for my feelings.
- Take time for myself
- Respect myself
- Just being me
- Spend time with my children and be aware of the behaviors

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- Continue the grieving process and accept that our marriage has ended. Do what is in the best interest of our children.
- Take time for me
- Practice positive listening techniques and keeping calm
- Try to remain positive and keep myself active
- I will take more time for myself. Do things I like to do like get my nails done or get a massage or exercise.
- Manage stress
- Moving forward
- I will find time to enjoy myself with things I enjoy doing more often
- Start thinking more positive about my the future.
- Do more activities try to do better everyday
- Except that I can be alone and still be happy.
- Find a hobby for when I don't have my children
- Take walks and enjoy my time
- Walk and think
- I will take time to do more of what I love. Drawing and horseback riding
- Move on
- Be more open minded. And more easy on myself
- Make the time for me.. to read or garden.. hang out with a girlfriend
- Therapy
- Read more to help understand better
- Continue to mediate and allow myself to forgive and forget past transgressions
- Invest in my personal growth
- Continue to speak with a counselor and do healthy things such as exercise and pray to help me stay positive.
- Continue to exercise and keep my physical and mental health a priority.
- Rest more
- Rest more
- I will avoid negative thinking and learn to rebuild my self esteem.
- I will avoid negative thinking and uplift my self esteem
- I started running in order to clear my head, and I am currently training for a marathon
- Same as I have been
- Listen to my child and not let them take care of me I need to take care of myself.
- Reach out to others for support
- Make time for myself and learn new things to destress
- No stress over all of the little things.
- Work on my emotional well being.
- physically, get in better shape

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- Finding friends that are supportive
- Remember that I'm important too.
- Figure out what I like and start doing those things
- Keep stress levels down
- Make time to do things to better myself for my children.
- More stress reducing activities
- Talk to someone when I'm having a hard time.
- Focus on my growth to continue to better myself and flourish friendships and relationships with family.
- Use friends and family as my outlet.
- Get back into gym
- Eat
- Exercise to relieve stress
- Be open and communicate with my spouse to make sure everything is fully understood.
- Try to get my rest and think positive thoughts about myself.
- Ask for help when needed.
- Read self help books
- Scheduling myself time for activities I enjoy. I often think that I'll "make time" for activities I want to do and overschedule. I've just been scheduling it as a priority event instead of fitting it in.
- Be more aware of my feelings, and take the time to address them
- I will do my best to not take his disregard of me personally.
- Work on personal growth.
- Decrease stress Take care of myself mentally and emotionally
- Work outside more
- Work outside more (exercise)
- Make sure my personal hygiene is taken care of.
- Stay active and keep learning
- Staying positive active
- focus on me and what makes me happy and try to grow for my child
- I will continue to eat my breakfast
- Try not to be negative and stop blaming myself so much.
- I will treat myself with respect, and love the children unconditionally.
- Try to find another adult to talk to
- Workout
- I will set aside time to spend with my peers.
- Exercising more and eating better
- My emotions
- Make sure there is always some close to me that I can talk to when needed

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- Make sure there is always someone i can talk to when needed
- Get back into my hobbies
- I look forward to finding someone I can talk through my grief with.
- Remove myself from the situation that I'm not comfortable in to help me be a better parent
- Practice now self care
- Stay the course using the tools I've already employed to help myself through the transition - counseling, staying physically active and engaging in positive activities with my children and others around me.
- Speak to a therapist regularly about any emotional issues that occur
- Work on my mental and physical health
- Giving my boys full attention when I have them and just enjoying the little things that makes me happy
- Take time for myself
- Have me time when needed
- Pursue happiness for myself and my child
- Stove for happiness for myself and my kid
- Watch my weight
- Go to a gym
- Read more.
- Emotionally the most.
- Therapy
- Continue counseling
- Go to the gym
- Take time out for me and figure out who I am as a person
- Focus on quality relationships
- Make sure I give myself the opportunity to do the things that make me happy and be with the people who support me.
- Start gaining my self-esteem
- Acknowledge my worth
- I will make time for myself so I can keep stress to a minimum and be a better parent. When I'm healthy and happy, I can be a better mom.
- I will keep mentally and physically healthy so I can be the best parent for my children and for my self.
- Communicate my feelings
- Pursue my self interest
- Be more understanding
- Make time for me
- Have confidence

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- Walks
- Counseling
- Forgive and talk to someone that will help me deal with not having my child with me
- Exercise more.
- I will try to forget the pain of having to pay \$35 for this f-ing useless course
- It's important to have safe people that you can talk to that help you feel, heal and grow with the emotions that this type of loss can cause. I have an amazing supportive family of people that help me, listen and we do life together!
- I am continuing to see my therapist and even talk with my soon to be ex when I feel down. Make sure I get out and socialize and not hide away
- I will develop a new hobby for myself.
- Exercise and go to church.
- Continue my counseling
- Consider why my relationship ended and how to not let this define me.
- Set goals for myself
- Explore my interests and talk with a therapist.
- Take the time out for me to be able to do something I want to do, like take a relaxing bath or read a good book.
- Quiet time
- Surround myself and children with people who care for the and love them.
- I will stay active and keep myself around positive, loving people. When the kids come back I will make more time for them to be around family.
- Exercise more
- Better understanding
- Keep praying, reading the bible
- Better judgement of character
- Monthly days to myself
- Have a me day
- Eat better read books and stay focused
- Exercise
- Stop living in the past
- Maintain a routine
- Focus on being the best man I can
- Be strong and think positive
- Socialize more
- I will exercise and maintain healthy
- Exercise and be healthy.
- Read and gain knowledge about important adult situations.
- Picking up a hobby to better myself.

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- Focus on me time.
- Finalize process and not argue with spouse.
- Therapy
- I will take a little bit more me time or try to anyway
- Stay positive
- Stay active and not blame myself for the situation
- Getting my health back so I can be better for Jack is one top goal.
- Take 10 minutes for myself everyday. Do a girls day
- Continue to find time for things I enjoy doing
- Reach out for support when needed and ask for help.
- I will continue to make time to exercise and eat healthy.
- I will continue to exercise and eat healthy.
- Continue to seek out others to talk to about my feelings.
- Exercise
- Spend more time with family
- Avoid women. Work out. Avoid women.
- Build structure a routine
- I will make sure to take care of me so that I can take care of my kids. They deserve the best version of me I can give. I will continue to be open to information like this course offered. I'll also maintain a healthy lifestyle to make sure my kids are getting my best self.
- I will soon start seeing other people and try to get her off of my mind.
- I need to realize after the things that she has done to me and the things she has done to destroy our marriage that she isn't worth it. No matter how much I still love her if she doesn't want me in her life than I just need to move on.
- Enjoy life and think about the positive.
- Therapy
- Talk to friends more
- Strengthen social support
- Be positive
- Take better emotionally and mentally care of myself
- Take time by myself while the kids are with their mom
- To try to relax
- Allow more self-care days
- I will continue to have healthy communication skills and take care of my physical and emotional health.
- Going forward I will give myself a break, that I won't be able to be perfect and I will make mistakes.
- I plan to join a gym and journal

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- Keep my support system close
- Use my time away from the kids for self care
- Keep busy, hobbies, farming, spend time with family and friends.
- Make sure to make time for self care to make sure my emotional state is kept up on like meditation and continuing therapy
- Take some time off work just to devote totally to the kids.
- Surround myself with happy and positive people and or couples. People that see good in me and lift me up.
- Continue going to work, setting goals and doing the things I enjoy.
- Find a new person to lean on
- Well that's just it, start taking care of myself.
- Find a hobby to occupy my time.
- Get plenty of rest
- Take time for just myself
- Try to think more positively and hope to meet someone beautiful and special again.
- Take time to be alone. Communicate with kids what is needed and leave the rest between the co-parent and myself.
- Gain employment.
- Surround myself around positive things that will impact my life in that way.
- Prioritize my child
- Keep spending all the time I can with my children.
- Positive self talk
- Again personal care to maintain my emotional, physical ect well being
- Rest when needed.
- I will make sure to always take time for myself
- Continue to stick with my hobbies, go to the gym
- Work
- Self-care
- Keep in touch with God, through Christ all things are possible
- Allow myself some me time to reward myself and not constantly stress about what the child may be doing when I'm not around
- Exercise more, read more, breathe more.
- Take time for myself
- Foster new friendships and new activities.
- Not 100% sure, but believe getting more involved in my old hobbies and exercising more will improve my self care.
- Take up a fitness hobby
- EAT HEALTHY
- take some time for myself

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- Make a schedule
- Take care of my mental health
- Exercise more and improve my families eating habits
- Continued education
- I want to journal through the process and to keep in touch with my mentor to help me with my emotions.
- Take time for personal reflection.

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

- Keeping daughter positive with reassurance through good communication as she grows. Always maintaining a stable environment with routine.
- Be present. Let him talk without trying to fix him.
- More one on one time
- Listen to them when they just need someone to listen to what they are struggling with through the divorce
- Spend more time listening to things that are bothering them through the divorce process
- Keep a open mind and be there for him, and love him greatly
- Learning activities and spend more time with him.
- Spend more quality time and activities.
- I will help them learn to journal their emotions/prayers to God.
- listen to them
- Talk more one on one with each by them selves
- Making sure they get to see their mom when their mom wants them as soon as she is clean and sober
- Listen to him and encourage open discussions.
- Listen
- Make my home as stable as I can and give them stability in both my house and the transition from the divorce
- Communicate and spend time
- Communicate and spend time
- Always speak well of their mother, always put their thoughts, feelings, and well being first and foremost.
- Listen to them, keep healthy boundaries and watch what I say about the whole divorce and their mother.
- I will make time to do things he wants to do
- Listen to them.
- Be available to them, make sure they have someone they can trust, keep routines, encourage their relationship with their father.

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- I will ensure that we spend more one on one time by reading together, taking walks and doing crafts together. I will also reaffirm that their emotions are okay and to reaffirm that her father and I both love her.
- Have their best interest in mind throughout and make sure the to spend quality time with them throughout. Be respectful to coparent in front of children and assure them the divorce was not there fault.
- Always so my best for them
- Talk more
- I will continue to maintain our routines and structure and do my best to help my co-parent continue those same practices in their home. I will also always offer a listening ear and a comforting hug to my child whenever they need it.
- Ensure their needs are being met at all times.
- Let my child talk to me more about how he feels
- Listen to how he feels more, let him talk more about the separation more
- Find more ways to spend time with them.
- Meet the emotional needs of the child and to use positive reinforcement to help them cope with the divorce.
- I will always let them know that i am here for them and i will make sure they get my full attention
- Listening to my kids
- Listening more
- Continue to communicate with them and give them individualized attention.
- Be there for them and guide them when things get confusing and difficult.
- I will continue to give him as much routine and consistency in our new environment and lifestyle as possible. I will also offer a listening ear and a comforting hug anytime he needs it.
- I will do my best to maintain consistency and routine in our new environment and lifestyle and always be available with a listening ear and comforting hug when he needs it.
- Make sure to listen to them and reassure them this was not a decision made because of them.
- Be attentive and consistent
- Spend quality time with her
- Prioritize quality bonding time and encourage a healthy relationship with both parents.
- Listen be helpful and thoughtful
- I will continue to motivate them to have a good relationship and spend time with their other parent. I will also be more mentally present when spending time with them.
- I will make a parenting plan with my co-parent and hopefully we can agree on rules that can be followed in both homes.

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- Communicate and spend time with them
- Spend more one on one time
- Always provide positive and constructive criticism for him in his daily life
- ensure they get quality time from me as they always have
- Spend quality time with them.
- Maintain communication with coparent
- Listen, communicate, and be the best co-parent I can be
- Communicate and listen to him
- Continue encouragement in their likes and strongly encourage a good relationship with both parents
- I will spend more time with them.
- Spend time with them.
- The thing and most important thing I will do to take care of my kids is spend time with them
- Making sure they have stability and care while at home with me.
- Give him the best
- Listen to them. Be there for them. Let them know they can talk about anything thats bothering them
- I will make sure that they are supported in the transition and I will always be here to help them through their feelings.
- Always be there for them
- Set up time for them
- FOCUS ON THEM (When with them, keep them first.)
- Have stability
- Have stability
- spend more time with them
- show her that her mom and dad will continue to be civil and great co parents
- I will continue to be a great father and will show her that mom and I will get along just fine
- Continue to support them in their everyday activities.
- Listen without judgment
- Make sure they are taking care of and that they have everything they need.
- Always listen and never interrupt and let them have a voice.
- I will make sure I am not bad mouthing their father. I will also do whatever it takes to protect them.
- I plan on keeping my child out of any and all adult conversations between my co parent and I. I will continue to listen and understand his feelings and concerns.
- Help them with school, learning, becoming their own people.

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- I will make sure that she is not put in any situations where she feels torn between one parent or the other and I will make sure she is never used as someone to get information about the other parent. I will be sure that she feels that she is never judged for being with one parent or the other.
- Keep her life stable and always be there for her.
- Always provide a stable constant home for them. A place where they know they are safe and able to talk about anything that could be bothering them. I plan on spending as much family time as possible with them while giving them time independently.
- Be sure to put more focus on them when I am with them.
- Stability, emotional support, healthy living and home and have them start counseling.
- Be there when she needs me and be sensitive to her needs
- Talk with them and help them process emotions, let them know that I support them loving their father and having a relationship with him,
- Be there for them
- Be there for them regardless of their age and guide them through life to be the best people they can. Listening is very important so I may understand where they are coming from and offer the best support possible
- Be more of an active listener with her. Listen to what she wants, what she needs, what she likes/dislikes. Really listen to her and not be a passive listener.
- Listen to their needs
- Let them know I am here for them at any time and they can discuss anything with me.
- Remind them both parents love you very much and we both want what is best for you kids.
- Acknowledge their feelings. Ask them more about their feelings. Listen and not ridicule their feelings. Continue to encourage a relationship with the other parent. To ask myself if what I'm doing or saying is in the best interest of my child.
- Give them one on one time.
- Love and listen
- Same thing I'm doing now.
- Spend extra time with them doing things they love
- Focus on them intently. Have open communication where they feel they can come to me to ask questions.
- Allow her to express her feelings and ask question
- Creating a structured environment without personal interests in the way
- Spend more quality time with them and make sure that communication is open and introduce them into my new home and the new normal
- I will apply more one on one time with my son and make more of the time we do get to spend together.
- Provide support and make her feel loved

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- listening to their thoughts and feelings
- Make sure she knows I'm always there for her and let her express anything she has on her mind or anything she's feeling
- Listen to him and to not start any animosity between his mother and I.
- Make sure there are no words that are not supposed to be used and keep her away from disagreements
- Continue to see them as much as possible and try to have a better friendship/ co-parenting with her for there sake.
- Spend quality time listening to how they feel
- let me talk to me about their feelings
- Talk to them about things they need and what they want to know
- Talk to them more and do more of what they enjoy with them
- Listen to them better. Let them talk about their feelings.
- Understand them more. And be more calm in situations
- Open communication and continuing to be their to support them
- Listen to their needs moving forward
- Have a better routine
- Continue to text talk and call but allow them to work through this transition at their own pace
- Ensure I'm providing stability, consistency, and familiarity in their day-to-day
- Continue to give them the time and attention they need to reassure them that they are loved always and that this is not their fault.
- Spend time with them and letting them know that they are loved always and that both parents will always love them even when we are not with them.
- Listen to them when they have issues
- More one on one with them
- I will provide stability for them.
- I will give them emotional stability.
- I will make sure to love her, support her, and provide for her, while providing boundaries...
- Same as I have been
- Listen to them and let them know that they are loved unconditionally.
- Love them and spend quality time together every chance I get
- Listen to them always
- Always listen to what he wants and continue to put his needs before my own.
- Radiate more positivity
- continue to give them a stable environment
- Make time to spend time with them one on one
- Ensure strong communication and quality time with him.

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- Communicate and be patient
- listen and ask more questions
- I will try to be a better listener for her.
- Make sure my relationship with their mother stays cordial and friendly so my children feel loved.
- Be stable, consistent and stay on a routine
- Co parent the best that we can. I'm doing so our children will be taken care of
- Continue to put her 1st and be sure to encourage her.
- Make more time for them.
- Be happy
- Spend quality time with them
- Be consistent with co-parenting and be open to conversations such as concerns.
- Take time to listen to what they are trying to tell me and spend time with them.
- Make sure that my child has a safe and stable home.
- Normal activity
- Play! I'm working on actively engaging with my child. Sometimes we just occupy the same space and are separately busy while I try to get things done. Taking separate time for things we have to do, and things we want to do together, allows me to care for him completely as the sole focus of my attention.
- I will not have her relay messages between her father and I
- I will spend quality time with my son as often as my parenting time allows.
- Continue working on our relationship
- Have a listening ear be there for them support them and help them through this
- Love him with all my heart by making sure every time I get to see him that it's meaningful and well spent.
- Love him with all my heart by making sure every time we are together that it is meaningful and time well spent.
- Be there for them and listen.
- Communicate with my child more
- Being understanding and making sure they know the divorce is not their fault
- protect her and her feelings about the situation at all costs.
- I will stay positive and keep him positive the way they are positive
- Just listen and be there for them. Provide some sense of normalcy in a not so normal situation. Be my ex-wife's friend. Maintain a good relationship with her.
- Make sure they do not suffer for any reason because of the divorce.
- I already have them all in counseling
- Be an active listener
- I will maintain routines, rules, and consequences.
- Exercising more and eating better

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- there emotions, and to maintain a schedule
- Talk with them more often to so how they feel and what they need
- Make sure I ensure them they can always talk to me or their co-parent and that we are here for them
- clear communication with his mother
- I will ensure that I spend time one on one with each of my children.
- Be a better listener and supporter of their feelings
- Continue to educate myself on ways to improve my parenting
- Stay the course using the tools I've already employed to help them through the transition - counseling, staying physically active and engaging in positive activities with me and others around them.
- I will be calm and keep my children out of conflicts with my co-parent
- Listen and be more understanding of their feelings
- Communicating and making sure they know if they need to say something that they can, and keep doing the best for them to enjoy life
- Give them 1:1 time with undivided attention. Let me fully express their feelings
- Continue to talk about their feelings and any concerns they have
- Be there for her no matter what and take care of all her needs
- Provide all the love and care possible for her
- Watch there actions
- make sure to listen to them
- Spend quality time.
- Spend more time with them and be attentive always to them.
- Therapy
- Always listen to them and if safe to encourage time with their dad
- To be there as a parent and not a friend
- Talk about their feeling and thoughts more
- Offer a safe stable home environment
- Continue to show him all of my love and support, and do activities that help us grow and bond.
- Be there for them, love them, care for them & listen
- To always be accessible
- Always be open and supportive. My kids are number one and always will be, no matter how old they get.
- I will always make time for my children and have structured and planned out ways to spend time with them and allow them to always share their feeling without judgment.
- spend quality time with them during visitation
- Spend quality time with them
- Love them

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- Make sure to tell them they are not at fault
- Make sure he is happy
- Love them
- Make sure they know they're loved
- Love them and aim for the healing
- Listen
- Continue to be the awesome father I already am. What a waste of time this was.
- My children have PTSD from the abuse endured by their father. We all attend counseling and have open honest conversations about what we are feeling but also discuss the importance of healing, forgiveness and moving forward in a healthy way.
- Make sure they both know they are loved very much and continue to spend as much quality time with them alone and with my soon to be ex.
- I will offer to listen to my daughters feeling. I will never disrespect her father in her presence.
- Get more involved in activities they enjoy
- put their needs first
- Understand they can have sadness and allow them to process that in a healthy manner and encourage words of emotion.
- Spend quality time with them sharing common interest
- Always put them first.
- I will actively listen to my son, and ensure that he always knows I am here to talk with him and answer any questions he may have.
- Individual activities or quality time.
- Always put their needs first.
- I always take care of them. I will get them back into activities such as sports, we will go to new places and explore new things along with doing the normal fun stuff we always used to do.
- Spend more quality time with her.
- Better listening and controlling my emotions.
- let him decompress when he first shows up at my house
- Fight to see them more
- Have a one on one day with each of them
- Have one on one days
- make sure to not bring conflict in between them
- Make quality time
- Show them all the love and support they need
- Maintain a routine and be present
- Spend more one on one time

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- show them love buy them what they need care for them and show them good times and share memories
- Spend one on one time with them
- I will strive to have a healthier relationship with co parent and set my hurt and feelings aside
- Continuing to be the best mom i can be and support them mentally and physically
- Listen to their feelings and what is going on with them emotionally and physically.
- Always talk to them and reassure them as they get older that they have both their parents, even though in separate households and we will always be there for them.
- Always be consistent in their lives.
- Communicate with them and always do what is best for them
- Co parent
- Spend more one-on-one time with her and make sure she knows i will always be there for her no matter what
- Be a healthier me so I can be even better for them.
- Listen to her and be more understanding of her emotions
- Getting outside more, less screen time would be good for his ADHD.
- Stability and spend one on one time
- Always be involved with them and the things that are important to them
- Provide a stable environment with consistent routines
- I will make sure to provide stability and to not talk about their father.
- I will not speak ill of their father.
- Make sure to allow them to voice their feelings and support them.
- be supportive and consistent
- Always listen to their emotions
- I have done very well in this department. I will continue to encourage her communication, and do fun/educational activities with her.
- Give them knowledge, love, something that will help them in the future
- I will make sure to communicate with them and quickly meet their needs, answer their questions, and keep them feeling secure. I will encourage their relationship with my co-parent, and respect our new family dynamic.
- Console them, remind them how much they are loved.
- Therapy
- Get us together more as a family
- Maintain routines
- Be there for them
- Be more encouraging for them to open up and talk bout their feelings more
- Nurture their interests.
- Whatever i can do to help them with the situation.

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- Give them a stable home to the best of my ability
- I will continue to be a better father to my children and talk to them. I will also reassure that the divorce is not their fault.
- I will always put their needs first, even if it is inconvenient for me, and work on fostering open communication so they always feel safe and comfortable.
- I will practice active listening and let them feel comfortable sharing their thoughts with me, without judgment
- Always remind them how loved they are by both of us. And listen to them when they want to talk about why things are different and how they feel about it
- Help them process their emotions.
- Spend a lot of quality time with her one on one.
- Be there for them no matter what and Continue not talk poorly about the other coparent in front of them
- Exploring new areas of interest, and encouraging them to try new sports and activities.
- Listen to her. Be supportive. And communicate with her father.
- Be there for them for the everyday issues. Provide a safe and healthy home and do things with them that make them happy.
- Not ask about their mother
- Stay active in their lives. Let them know I will always be there dad and will always be there
- Make quality time a priority
- Listen to them and love them and spend time with them
- Be there for them even in the hardest of times
- Love them so much all the time.
- Allow them to talk and express their feelings and concerns about the situation and without anger that they may not feel the way I think they feel.
- To make sure they are able to maintain their activities and interest.
- Listen and understand what they are going through, and help work with them on this life changing transition.
- Prioritize my child
- Be there for them.
- Give them time with me without distractions
- Listen to her concerns and needs and offer the best advice as possible
- Be positive
- Spend quality time with them and continually show a stable loving home from me.
- I will make sure to communicate with the co parent regarding their needs and be there for them.
- Make the most of our parenting time
- Listen and be an active parent

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- Have productive activities available.
- Teach them to make the correct choices in life be their for them when they need me attend church
- Be a listening ear when they need it and a should to cry on when needed.
- Be their no matter what to support them
- Spend as much time with them as I can
- Provide them a safe and stable home.
- Our children are the most important thing from our marriage. WE both will continue to support them, be involved in their activities, we will just need to communicate what is need from the other co-parent so their lives are unchanged as mush as possible.
- Make specific times to do things with them that we both enjoy
- TALK
- spend time with them doing things
- Make sure they are shown the love they need
- Ensure they know they are loved and this isn't their fault
- Focus on them individually as well as in all together
- Love and understanding
- To be attentive to their emotions and to let them know that none of this is their fault. . That way going back and forth will be a smooth as it can be.
- Utilize active listening, and confirm that their feelings are valid; no matter the circumstance.

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

- Maintaining the relationship formally as a business.
- Keep it like a business relationship.
- Show respect, listen, and empathize.
- Communicate better
- Communicate better
- Stay on the best of terms
- Communicate.
- Communication
- Keep conversation limited to the kids
- Respect him
- Not allow myself to be baited into reacting emotionally
- Always being engaged in conversation and not arguing with each other
- Communicate openly
- Open communication
- Be respectful
- Communicate

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- Communicate
- Foster a relationship with her and the kids
- Communicate better. I like the analogy of a business partnership
- Listen more
- Not show anger
- Clarify all communication.
- I will ensure that the father of my daughter will have knowledge about any school functions, extra curricular activities and to ensure that we both are able to maintain open communication in regards to our daughter with medical appointments, behavioral issues, education etc.
- Be respectful and listen and be calm.
- Respect
- Communication
- I will always speak positively or not at all about my co-parent to others and in front of our child.
- Ensure that all communication is for the benefit of the kids.
- Continue to keep a far distance almost a professional type of relationship
- Have a more professional type relationship, extreme boundless
- Treat it as a business relationship.
- Communication it is not the children's fault on why things are different and communicate more effectively to give them better guidance and understanding to the situation.
- Always keep the negative out
- Listen more
- Talking more
- Keep communication open and consistent.
- Push for better communication.
- I will try not jump to conclusions or assumptions without speaking with him (privately).
- I will try my best to speak to him before making assumptions or jumping to conclusions.
- Active listening
- Communicate
- Advocate for open communication
- I will respect her and communicate with her.
- I will try to improve the ability to not interrupt my co-parent when they are talking.
- effectively communicate with my co-parent.
- Communicate
- Communicate
- Better communicate with my child's mother and considering his best interests
- Listen to her

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- Worry about the children.
- Maintain communication
- Communicate and listen
- Communicate well
- communication
- Communicate in a healthy way
- Listen to their needs
- I will do the best I can to listen and understand what my co-parent is trying to ask of me
- Communication.
- See it as a business
- Be patient and understanding
- I will try to implement active listening while conversing with my ex husband.
- Stay positive and understanding
- Keep my distance
- Keep good communication and stay focused on the children's best interest.
- Avoid confrontation
- Avoid problems solve them early
- Be a good listener
- I will be a better listener
- Be open with other parent, not disgruntling.
- Treat it as a business relationship and not emotional relationship
- Stay positive have a good relationship where we aren't fighting
- Always listen to what they are saying and have a calm voice.
- Remember that he is still a person even though the marriage is over.
- I will focus on listening to what my co parent has to say and encourage them to do the same.
- Keep things professional, not personal.
- I will be sure to leave emotion out of co-parenting, and make sure we have healthy interactions.
- Listen when it's about our daughter, work together with him if it's in the best interest for her.
- I would like to be able to communicate in a friend like fashion to show the children that even though people disagree about things it is no reason to hate them or be mean to them. I want us to set an example for them.
- Listen better
- Keep it friendly and healthy so our children know that we are all on the same team.
- I will try to be more patient with his decision/actions
- communicate clearly
- Actively Listen

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- Make sure that conversation is civil and strictly about the kids
- Keep it professional and businesslike. Don't ask my child things about her mother.
- Keep it to the children and not involve our past.
- Listen
- Respect the other person
- Keep it strictly about the kids. Not discuss issues in front of our child.
- Listen
- Correct anger
- Being respectful to the other parent
- Make sure to maintain a civil relationship with my ex husband
- accept that the marriage has ended and try to treat it more like a business relationship vs an intimate spousal one.
- Communicate
- Communicate better
- Remain Calm and respectful
- Communicate better and be less judgmental
- Listen
- Listening to each other
- Stay on topic and keep things focused
- Have strong communication skills and a schedule that we both follow.
- Listen and communicate less disagreements
- communicate more and let her know that i care about her situations as much as myown
- Listen
- Talk and understand more
- To hear them and what they say
- Be kind and respectful and listen
- Listen
- Better communication
- Keep it business like
- Communicate
- Improve listening skills
- Communicate with respect
- Focus on good communication and respect.
- Focus on effective communication.
- Try to be friends with other parent
- Listen to them
- Effectively communicate
- Communicate effectively
- I will work on my communication.

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- Talking
- Don't argue in front of my child. Go somewhere away from the child to discuss the problem.
- To be respectful towards her
- Always communicate
- Respect his decisions
- Listen
- Become a better listener
- Ask questions to clarify conversation
- Try not to let his negative feelings for me affect my self-worth. So I can make better decisions for my son.
- Listen
- Be respectable toward each other
- Just make sure to keep communication daily by either calling or just checking in to make sure she's ok.
- Put more effort in communication
- Communication
- Strong communication!
- Communicate
- Talk everything out
- Communication
- Remain friends
- Always talk through things so there is no misunderstandings.
- Communication
- Talk to them
- I continue to extend an olive branch and offer to establish a coparent relationship. My coparent does not answer calls or respond to messages, but i have continued to attempt to invite him to my childs events.
- Communicate better
- I will work on active listening.
- Be respectful
- Communication
- Respect her decisions and privacy.
- Respect her decisions and her privacy
- Write things down and talk if not understood.
- Listen to other parent and stay on the parenting topic
- Communicating effectively staying focused
- Learn how to get along, and try not to fight
- Keep a good attitude and whole situation

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- Listen more and be considerate toward her opinions and feelings.
- Be open to communication.
- Can't do anything he's cut me off of all lines of communication communicating through a lawyer at this point
- Be an active listener
- Keep communication open.
- Only discuss topics related to my daughter
- Open mind
- Communicate better and be more understanding
- Communicate better
- Listen better
- Active listening
- Communicate well
- Communicate more efficiently
- I am working hard to support his parenting efforts and maintain positive, open communication regarding co-parenting topics
- I will use active listening
- Be more open minded to their dad's concerns
- Communicating and not feeling like we can't
- Treat it as a respectful business relationship
- Maintain open communication
- Nothing she's impossible
- Nothing she is impossible to deal with
- Fully listen
- Fully listen
- Better communication.
- Be kind still.
- Therapy
- right now it is best not to talk to him but to encourage my personal life is my business
- Sense I didn't want the divorce not much
- Listen better and understand their feelings
- Try to respect boundaries
- Be respectful and civil towards them for our child's well being.
- Communication
- Always communicate
- Have open communication.
- I will keep an open mind and have a business relationship with my co parent, I will work together to be the best parent and co parent for our children.
- Good communication

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- Be sure to communicate well
- Be more understanding
- Listen and learn how to compromise
- Communication
- Listen
- Listen
- Use not abrasive or combative words even if he is
- Keep communication not related to our child to a minimum.
- Try to remember my wife is not nearly as smart and way more emotional than me.
- Do my part to maintain a peaceful environment for everyone.
- Communication
- I will try to be mindful of how I communicate with him.
- Only say and communicate positive things
- try hard to listen to the other parent
- Respect the co-parenting agreement.
- Let the other parent discuss their issues when not in front of the child
- Communicate calmly and clearly.
- Not let personal feelings get the better of me, and put our child first.
- Listen
- We have a protection order so right now until he gets the help he needs there is no relationship.
- That is a good question. she isn't easy to talk to or communicate with but I will try my best for benefit of the children.
- Try to improve our co-parenting relationship
- I don't know, my ex won't participate
- Try to talk more
- Respect him
- Respect one another
- listening to issues fully before reacting
- Keep it about the kids
- Respect
- Communicate in a professional manner
- Support the other parent
- try and stay positive and talk about the good things you have shared with them
- Communicate frequently
- Try to remain positive
- Listen
- Listen for their best interest for the child
- Learn to communicate better and listen to what they have to say.

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- He is not involved in their lives.
- Listen
- wait and listen
- Practice active listening
- Stay calm
- Be more understanding and compromise
- I think mainly just communicate, and keep it civil at all possible times.
- Talk about issues instead of arguing
- Always listen and communicate
- Actively listen
- I will treat it like a business relationship and not a personal one.
- I will treat it like a solid co-worker relationship
- Remember that the most important question is whether this is in the best interest of the child.
- Be consistent and listen to concerns
- Always be understanding and be willing to listen
- Stay patient, and hopeful, that my wife's recovery from addiction will bring the return of her sanity.
- With me having a son and daughter how I treat her shows them how to treat their partner always with respect and integrity
- I will keep a business-like relationship with my co-parent and not get involved in all the personal details that could cause negative feelings and emotions.
- Get along
- Evaluate communication methods in order to improve our new partnership
- Treat it as a business
- Better communication
- Be cooperative and talk
- Continue to work on building a better relationship with the co parent
- Communicate with her better
- Try to communicate better
- Communicate better
- Be respectful of my co-parent and communicate effectively with them.
- I will always try to show respect and empathy while improving my listening skills.
- I think I will always plan to assist them as best I can, because that helps the kids
- Respect and listen
- Active listening
- Communication
- Practice better communication.
- Keep it only about the children

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- Be there and helpful just like they were a family member.
- Understand where they are coming from and listen
- Be patient, empathetic and supportive.
- Keep it professional
- Always be supportive, that is still the mother of my children.
- Leave the emotion out of the conversation
- Have good communication
- Be more respectful during our conversations and work out things for the better outcome for our child
- Try to communicate better I still love her.
- Communicate with better tone and only about the children and the things involving the children.
- Focus on our kids not our relationship.
- Keep them in mind when it comes to their relationship with our children.
- Prioritize my child
- Try and be more positive.
- Set boundaries
- Healthy boundaries
- Open communication
- respect my coparent as a coparent.
- Request the court assign Our Family Wizard app because of history of gaslighting & abuse
- Be respectful.
- Try to listen and be respectful
- Communication
- Keep a respectful relationship with ex-spouse.
- Stay in communication
- Always allow them to voice their concerns.
- Be more understanding
- Communication
- Listen and assess problems together.
- Better listening & communication.
- Keep communication professional and maintain respectful but healthy boundaries
- TALK
- communicate
- Talk
- Work as a team
- Understand that the frustration with me may be a result of other things going on.
- Actively listen

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- To keep a good communication about the children.
- Healthy communication

Other comments:

- I understand the reason for this seminar
- Thank you
- We all want to operate in a peaceful manner
- thank you for making the video. It's what I needed to hear.
- Please redo this course. Every time you divorce free counseling should be available. Realize that people will certain degrees have already learned this information and it's a waste of time and money.
- I enjoyed the class and I felt that I learned alot.
- I really learned a lot from this and has honestly changed my viewpoint for the better. Thank you.
- I think that telling children that the divorce is not their fault can introduce the idea to children that it could be their fault. I don't know that the idea even enters their minds until we say it to them, especially with young children. Maybe it needs to be worded differently or addressed when the child exhibits signs of feeling that way.
- This course has really changed my perspective on how co-parenting works and how it should be to improve the emotional and physical needs of ourselves and our children.
- i loved this class and it helped me alot
- When I first was told I had to take this course, I was embarrassed and ashamed. I appreciate the presenters acknowledging these feelings and reinforcing that this is for the best interest of the children.
- I would love to see a section on how to handle different types of co parenting, such as when the other parent is incarcerated or for supervised visitation, how to handle co parenting when the other parent doesn't communicate and more.
- It was mentioned repeatedly that parents should let their children know that the divorce is not their fault, but I think that should be used sparingly or depending on the needs of your child. For some children, especially younger ones, this thought may never enter their minds until introduced by the parent. If your child voices or demonstrates feelings of responsibility, it's important to let them know it is in no way their fault, but maybe shouldn't be said until then.
- I enjoyed the course, but would suggest only mentioning that the divorce isn't the child's fault if your child demonstrates a need to hear it. I think, especially for young children, they may not place blame on themselves or feel responsible until we introduce that idea to them.
- Course was a waste of my time personally. i can understand if dealing with immature parents how this would be relevant but its really just not in our circumstances. As she is right beside me while i took this course and agrees with me.

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- I've taken this class once before, I like the online version better than I do the sit down class.
- I don't feel as though not taking this class should result in suspension of visitation.
- This class was very informative. Thank you for having this resource available.
- Thank you for the program.
- Thank you for allowing me to take this course. I have truly learned a lot and for that I will forever be grateful. Thank you
- This class would have benefited me more when we first split up, We've been co parenting for over a year now and worked out all the bugs on our own, sometimes the hard way, but we've got a good system in place now.
- I think this class is a very good class. I think that as soon as divorce papers are filed with a lawyer that the parents should have to take this class right away. I have failed in a lot of these areas simply because my daughter kept saying she didn't want to be left in the dark. She is 17 and knows too many details now from both her dad and I. I think if we both would have had this class early on, we could have prevented a lot of conversation and emotions with our daughter that took place. Taking this class earlier would have been much more beneficial to her and I.
- This was quite a bit more helpful and informative than I had originally expected it to be.
- Very informative. Really did learn some good techniques to apply to my life.
- Thank you!!!!
- There is considerable value in this course and I appreciate the effort that went in to designing and creating it. Thank you. I offer one piece of feedback: I only have two children left at home, a young adolescent and an adolescent. The toddler, pre-school and school-age sections aren't at play in my life. For parents that do, covering all age groups makes complete sense as they journey forward. But for those of us that are past that, it might be more beneficial to provide a deeper dive into those last two groupings as there is much more going on in their lives. If you could tailor this..."if this/then that" for certain blocks of instruction it would improve the individual experience.
- This was the most stressful part of my dissolution
- I am taking this class through the Clermont County Domestic Relations court as their intern and to learn about the required course for couples going through divorce. My responses are not entirely accurate/helpful as I am only taking this as an educational course.
- Loved the class. I wish my parents took this when they divorced.
- This course helped me understand everyone's emotions and to be more aware of them when communicating
- I will not be co-parenting as I will be getting sole custody.
- I learned a lot through this course and that making sure to take care of myself so I can be at my best to take care of my children
- Thanks

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- I am actually dumber for having taken this class. Thanks for that.
- Thank you for providing this education to all the families struggling with the pain of loss!
- I think it would be nice to add a section on adult children. Doesn't have to be long but even a short five minutes talking about the impact it makes on them could be beneficial. Also since I have a child with mental health issues I think talking about having children with any kind of special needs and dealing with divorce is a MUST! That has been brutal for us! It was a huge downfall in our marriage and how we handled it. Our daughter is 21 and we are continuing our dual guardianship. Her extreme mental illness has been very difficult for us and was during our separation as well. Children that have any kind of difficulties, whether it may be autism, adhd, mental health, or any other kind of struggle these should be discussed as well!
- I will not refer to him as my ex. But as my co-parent.
- I wish there was more about the imperfect situations all the scenarios and pictures are of two logical fake actors not real-life situations. I cant relate to most of this because of the situation I am dealing with.
- I would understand taking this class if i could actually see my children more and try to be a mom to them
- I feel that this program should include information on what to do if one parent is an abuser.
- One of the questions keep changing my answer making it wrong was a true/false question
- It's nice to see that other people have been successful climbing the mountains I face.
- While some of the topics I was very familiar with prior to the class, and therefore did not agree that the class "taught" me more; I did appreciate the modules, and am hopeful that once both parties have completed the course, there may be further improvement on what we need to do as we continue to move forward. It was also helpful to hear about older children, and start thinking about what we may need to do as they both age.
- Thanks to those that have taken their time to put this together to help others in need.
- I would like to see a video from people who have taken the class a year later an example they used what they got from this class an the outcome of that situation.
- This class is wonderful for parents who decided to part ways. Although it was not geared towards relationships that were abusive and included substance abuse from your coparent. I would love to see a class regarding how to coparent with your abuser who has a substance abuse disorder.
- "While your program is very informative, it does leave a parent who has come out of an abusive relationship not only to herself/hissself but also one that affected the children as victims, feel like they must strongly encourage/force/support against their better judgement, their children into unsafe situations. While I want my children to have a healthy and safe relationship with their dad, I also know that at their age (middle

schoolers) and with their history, if they say no, I need to respect that and not force them into a situation where they are uncomfortable and could be hurt.

- I also feel you miss a huge opportunity in this program by not encouraging parents to seek out therapy for not just themselves but more importantly for their children. My children have been in therapy for years and because of those therapies I have learned to trust their judgement not only in how it relates to their relationship with my co-parent, but also how it relates to my relationship with them....when I've missed the mark, or hurt their feelings without realizing it, or when our lives become too busy and they have times like they feel they aren't being heard. Therapy needs to be normalized in our society & this program has a huge opportunity to stress the advantages and benefits of utilizing those resources to help through a difficult transition."
- Good information
- Thank you for such a great program. I have truly learned so much!!
- I feel more time should be given for more appropriate responses. Not only have I used the second time to take notes but felt less rushed and felt as I didn't have a time limit to answer the questions accordingly and appropriately.
- Would be nice to tailored the course to our children's ages. We have been through the younger years as they are 15 & 17 years old. This way more information and a deeper understanding of how this effect them at these ages.
- Thank you for this class. It was very helpful.

References

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