

Successful Co-Parenting Online[®] **2023 Report**

James S. Bates, Ph.D., Associate Professor, Field Specialist-Family Wellness

According to the latest numbers, in 2021 Ohio's divorce-to-marriage rate was 49.9% and 23,981 minors experienced their parent's separation and subsequent divorce (Ohio Department of Health, n.d.). Divorce is a challenging social issue that creates tension and stress for families and children. 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, Schmittl, McCobin, Hupp, & Pomerantz, 2017; LaGraff, Stoltz, & Brandon, 2015; Schramm & Calix, 2011).

Ohio State University Extension launched *Successful Co-Parenting Online*[®] (*SCP Online*[®]) in 2019 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. It is 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.

Backed by the online security of The Ohio State University and appropriate privacy protocols in place, *SCP Online*[®] offers individuals a pre-recorded, confidential, self-paced learning experience. A trained Extension professional hosts each participant as he or she progresses through the course providing participants with a human touch to an otherwise virtual experience. Hosts respond to participant questions and verify that each has completed the entire course. Once verified they issue a certificate of completion.

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, data collected over the past 4 years strongly suggest that this course benefits separating couples with minor age children. We believe it can also assist those who have cohabited or never married.

SCP Online[®] has continued to be a valuable resource for separating and divorcing parents in 2023. Parents from the following Ohio counties participated this year: Ashland, Belmont, Carroll, Clark, Clermont, Coshocton, Crawford, Darke, Delaware, Franklin, Harrison, Holmes, Perry, Preble, Richland, Scioto, Union, Van Wert, and Warren. Although 1030 people took the



course in 2023, only 340 completed some or all of the optional evaluation assessment (a 33% response rate). This report details participant responses to the evaluation.

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 evaluation assessment follows the final course module. The assessment also asks basic demographic questions intended to define course participants as well as four questions to gauge participants' perceptions of the program generally. 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 7 provide a succinct overview of the demographic characteristics of the 340 participants (some items have fewer than 340 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	%
Male	140	41.67
Female	196	58.33

Table 2.

Participant Age	Mean	Range
	34	18-68

Table 3.

Divorce Status	n	%
First Divorce	284	84.78
Second Divorce (or more)	49	14.63
Never Married but Lived with Co-Parent	1	0.30
Never Married, Never Lived with Co-Parent	1	0.30

Table 4.

Employment Status	n	%
Full-time	275	81.60
Part-time	29	8.61
Unemployed	33	9.79

Table 5.

Shared Parenting Plan	n	%
Yes	258	77.25
No	76	22.75

Table 6.

Highest Educational Level Achieved	n	%
Some High School or Less	12	5.08
High School Diploma or GED	137	58.05
Technical / Trade School Certificate	39	16.53
2-Year College	48	20.34
4-Year College Degree	56	23.73
Graduate / Professional Degree	42	17.80

Table 7.

Racial / Ethnic Status	n	%
Asian or Pacific Islander	318	96.66
Black or African American	3	0.91
Hispanic or Latino	3	0.91
Native American or Alaska Native	5	1.52
Multi-racial	1	0.30
White or Caucasian	2	0.61

Perceptions 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 340 participants answered all the questions. Counts and (percentages) are based on the number of completed questions. Table 8 presents the counts for each rating followed by their (percentage).

Important Results: *These analyses indicate that the vast majority of participants agreed or strongly agreed (the boxed portion of the table) 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 parents plan to use it.*

Table 8.

	Strongly Disagree	Disagree	Agree	Strongly Agree
I learned new information from this class.	13 (3.8%)	22 (6.5%)	210 (62.0%)	94 (27.7%)
I plan to use the information I learned in this class.	13 (3.8%)	4 (1.2%)	165 (48.5%)	158 (46.5%)
I feel more prepared to co-parent as a result of attending this class.	12 (3.5%)	20 (5.9%)	201 (59.1%)	107 (31.5%)
This class was helpful.	13 (3.8%)	13 (3.8%)	207 (60.9%)	107 (31.5%)

Assessment of Learning Objectives

To determine the degree to which the learning objectives were met, participants were asked to reflect back upon their knowledge *before* participating in the course and to then compare their change in knowledge to *after* participating in the course. Seven questions were presented, each assesses one of the course learning objectives. Participants were asked to rate their perceptions using a four-point Likert scale ranging from Strongly Disagree to Strongly Agree. Not all 340 participants answered all the questions. Counts and (percentages) are based on the number of completed questions (see Table 9).

Table 9.

Evaluation Prefix and Statement Items	Ratings Counts and (Percentages)			
	Strongly Disagree	Disagree	Agree	Strongly Agree
Now, after participating in the class, I learned... ...about my own grief and loss during the divorce process.	34 (13.7%)	56 (22.5%)	109 (43.8%)	50 (20.1%)
...about the importance of caring for my own emotional health.	21 (8.5%)	56 (22.6%)	101 (40.7%)	70 (28.2%)
...how the divorce process impacts my child(ren) based on his/her age.	13 (5.2%)	36 (14.5%)	89 (35.7%)	111 (44.6%)
...about the importance of having stability and consistency in all aspects of my child(ren)'s life.	24 (9.7%)	47 (19.0%)	91 (36.7%)	86 (34.7%)
...the importance of healthy communication with my child(ren).	29 (11.7%)	44 (17.8%)	85 (34.4%)	89 (36.0%)
...the importance of healthy communication with my co-parent.	19 (7.8%)	45 (18.4%)	98 (40.0%)	83 (33.9%)
...how to use healthy communication techniques such as problem-solving with my co-parent.	13 (5.2%)	47 (19.0%)	93 (37.5%)	95 (38.3%)

Important Results: *Between 63.9% and 80.3% of participants reportedly agreed or strongly agreed to perceptions of knowledge gain related to of the learning objective statements. Specifically, those include, (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.*

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 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? While not all participants contributed responses, those who did provided hundreds of thoughtful comments. Most of the punctuation, grammar, and spelling have been preserved in the responses presented below.

1. What is the most important thing you learned?

- How to avoid conflict
- That it is possible to move forward in a healthy way with your children and ex.
- That it's okay to feel a sense of loss and take time for myself so that I can be more helpful in helping my daughter deal with her feelings.
- That my children will always come first.
- How Active Listening can help with disagreement resolution.
- The impact, and reaction in different age groups, of children.
- Maybe how to deal with a child not wanting to go with the other parent- I think that I would not want to force my child to go, but also see the importance of fostering the relationship with their coparent and also maintaining our schedule for stability.
- How it effects children at different ages. We've already done really well with the rest. But I think many others could learn even more from this.
- keeping communication open and professional. focusing on myself to better help my children.
- To respect your Co parent
- The importance of coparenting successfully and the effects divorce can have on children
- how to become the best person i can be not only to benefit myself but benefit my relationship with my children
- How to better handle certain situations like children asking questions and transitioning between homes.
- I can't honestly say that I learned anything new. However, I'm probably not your typical person taking this course. I assume this course will help others though as there was good information in it.
- How to better understand what the kids are going through based on their age.
- How to actively listen and find solutions while co parenting.

- That not everything works out and that learning to work things out with the other parent is what's best for our child not to bring our child into the middle of our differences
- lifetime commitment
- They important to activate listening
- How to communicate effectively within the new Co-Parenting relationship
- It put into perspective how much it impacts a child and really how it effected me as a kid I can now use those tools to better help my children in the future because of my experiences and the knowledge from this class
- Having a positive healthy relationship with my soon to be ex-wife will be the best option for me and my kids. This will help eliminate stress and negativity in all of our lives.
- Co-parenting tips and tricks when issues arise, as well as navigating through my child's emotions
- Communication techniques for use with my children and co-parent.
- Coparenting is healthy and what's best.
- To actively listen to my co parent and how what we say in front of them can affect them moving forward in life.
- Healthy communication techniques with children and coparent
- That children react differently at different ages
- Not to use the child against the other parent
- The most important thing that I learned was how children handle separation based off of their age, what to look out for.
- The most important thing I have learned in this course is how to try to communicate as a co-parent effectively.
- how co parenting greatly effects the child and their emotions.
- How the divorce will affect my children.
- How to approach conflict when it arises
- At the end of the day with all of the differences between myslef and my co parent, Our daughter is the most important always.
- not to judge
- It's complicated for everyone not just the people divorcing
- It made me think about my behavior to date and ways to improve those efforts.
- How important taking care of yourself is as well as your child and co parent
- I learned what to do and say if my child doesn't want to go to their father's home.
- How to manage this
- The importance of healthy communication
- No matter how prepared you think you are for something, there will always be curveball
- To shield the children from the divorce process

- Although I have been separated from my kids father for over 4 years,I feel it is very educational and is a great refresher when encountering different dynamics and situations in the family aspect and to always make sure we are compromising and coming to agreements to best benefit our children.
- To me, I think the most important thing I learned was about being an active listener and problem solver with the co-parent because that might be where I struggle the most.
- to try and have better communication between co-parents
- The advice about when a child doesn't want to go to the others home
- To take care of your mental health in the separation/divorce process. Know resilience is key and look forward to moving on. Maintain stability and consistency with your child.
- How to handle the kid not wanting to go to the other parents house
- I wish this class had been offered sooner. My co-parent and I have been living separately for almost 2 years, and many of the things taught in this course were things we had to struggle through on our own. If this course had been required of us sooner, we probably would have been more effective at parenting during this time.
- How to talk to the children about the other parent.
- The importance of cooperation between me and ex wife for the betterment of our child.
- How to Access and Resolve Everyone's needs. Co-parent and children.
- The information on the different impacts on kids in different age groups
- Ways to communicate with the co-parent and also handling situations where children may not want to go back and forth to a coparent. The problem solving skills in this session I felt covered all aspects of shared parenting.
- How each age group handles divorce.
- The child comes first.
- to set positive boundaries
- That in order to co-parent , both parties must be willing to participate for the best interest of the children
- Both parents must be will to participate
- The emotions I have been going through have been completely normal.
- Having healthy communication is key in making sure we are able to co parent with each other.
- Child responses to the divorce
- Way to go about different scenarios with my children and some questions they may have
- How divorce impacts the children based on their age.
- That showering my children with gifts isnt the best thing for my kids.
- I learned that it is important not to try to outdo the other parent with gifts or activities because it creates a bigger issue.

- Everything has to be made in the best direction for the child.. and the parents needs and wants have to be put to the side for the best outcome for the child.
- That it's okay to make mistakes and how to communicate better with co parent
- The long term effects of co-parenting or lack their of
- How to effectively communicate with the co parent
- More and better communication with co parent
- learning techniques to help talk effectively with my co parent
- Focus on the what's in the best interest of my child.
- I honestly didn't learn anything personally. I'm a social worker and therapist. I've been working with people going through divorce for over 15 years. It is most eye opening to see this course that I assume many of the individuals I've worked with have been required to take as well.
- Active Listening is extremely important when solving a problem with the child
- Ways to communicate properly with my co-parent to ensure we are communicating effectively.
- How to continue to successfully co parent
- To make it about the children and not the divorce
- Learning to be opened minded with my co-parent
- I learned good techniques for communicating with my coparent and ways to reduce the impact of our divorce on our son.
- Communication skills
- How to better co parent
- Co parenting works
- That my children and their feelings are my top priority. Im going to do what I can to protect them and make them feel as comfortable as I can throughout this process. We all need to work together to make this possible.
- Knowing how to actually co-parent and what actually to do and say.
- Learning to listen
- To always keep the child's best interest as the most important thing
- I have done quite a bit of my own research and education regarding healthy relationships with a divorced spouse. But it is new to me, the idea of having a business like relationship.
- How to communicate effectively with my ex husband.
- How to be an effective and good co-parent but also provide stability and needs for my child throughout life.
- Consistent visitation schedule
- To not involve my child in adult things
- How children at different ages react to a divorce.
- Understanding the children at their age with the divorce

- I didn't learn much in this class. It's a required class for dissolution. We have been living separately for some time and are still great friends and co-parents. I don't foresee any issues. Our case may be an outlier and I debated on giving feedback so I wouldn't skew the numbers but also was worried I wouldn't get credit for the mandatory course and be found in contempt.
- How to properly communicate with my co parent.
- The importance of effective communication and not discussing adult/co parenting issues with my child.
- How all of this really does impact the child, and best practices for navigating that
- How to communicate with my coparent better
- Schedule a time to talk about disagreements.
- That although beneficial to most individuals in the world, this course does not apply to those individuals diagnosed with particular personality disorders.
- How to get along with the mother
- I learned that having a healthy co-parenting relationship will benefit my kids more than anything
- I learned flexibility is important and the importance of keeping children away from adult conversations. I also learned how to best help the kids when they're struggling with not wanting to visit the other co-parent.
- Stability is key.
- How to communicate with my coparent and my children
- how to deal with some conflicts that may come up and some depression that my child may face
- This was mainly a refresher however it did a great job re-orienting my perspective on the children and divorce.
- stability and comunication is key
- How to effectively communicate with the co-parent
- I should not call my former spouse my "ex" but my kids' father
- The ability to communicate with both my child, and my co-parent
- how to handle coparenting with my children's father
- to listen and understand
- Having good communication during co-parenting.
- To put my emotions from the divorce aside for the betterment of my children.
- That a healthy co parenting relationship will be the most beneficial for my child and only help her growth and development as we try to raise her separately but together
- Learning about some strategies, and do's and don't's has been very helpful.
- To work with my co parent
- Honestly, I did not learn anything new but it did reinforce some things that I was curious whether I was right about or not and it did remind me of a few things.

- The importance of being civil with my co-parent
- It helped me to remember to put my kids first.
- i learn much
- i have learn Much
- i have learn many
- i have learn much about class
- The most important thing I learned is how to appropriately communicate with my children, regarding the separation from their other parent.
- Keeping kids out of parent communication.
- Less talk with kids about issues
- How to handle relationships with my child after divorced
- How important it is to work together as exes for the benefit of our child
- Communication
- To always think or what is best for my children
- I need to take care of myself. Communicate effectively. And co-parent for the best outcome for my child.
- Always think of the kids
- Being able to communicate clearly with my ex
- The most important thing I have learned was to get along and how to handle stuff that may arise that we disagree about.
- ways of communicating with one another
- Communication between co-parents
- patience
- To treat it like a business agreement
- how to co-parent successfully
- The healthy ways to communicate with my children.
- all the things
- This course helped reassure me that I am doing a lot of things correctly. While teaching me some better communication techniques.
- It reenforced my beliefs that I'm on the right track.
- Better ways to communicate with co-parent
- How to successfully co-parent and how this affects the child depending on their age.
- Ensuring the relationship between my ex and I is stress free and focus is on the kids.
- How children of different ages process divorce.
- Healthy communication strategies.
- Learning how to differ my communication with my co-parent now that our relationship is shifting out of a marriage. Reassuring my kids the divorce was not their fault and using the tools to help them navigate this transition.

- Learning to read let co parent finish speaking and respect their opinion before giving my opinion
- How my kid is feeling during all of this
- That I need to learn to communicate better with my coparent and use active listening
- I learned a more proper way to talk to my kids about divorce.
- how important stability is for my children
- How to help my child cope when faced with adverse situations caused by the other parent.
- The most important thing I've learned is how to become a successful co- parent.
- How to actively listen
- That co-parenting can be managed in a positive professional manner.
- It's best to use a calm cool voice in all situations.
- How to use healthy communication techniques with my co-parent to provide what is best for my children.
- How my children feel and may be thinking through the divorce. Also, how to hopefully co-parent with my children's father.
- The most important thing I learned is how the divorce process impacts my children and how to effectively and simply explain it to my children.
- How to co parent better with drop offs and pick ups , how to insure my kids everything is going to be okay
- To listen
- The importance of not putting the children in the middle. To make sure they are not put in the middle of Adult conversations. I also learned the importance of continuing to spend quality time with each of the children as well.
- The knowledge of what and how my 2 and 3 year old are going through mentally and how to help them through switching back and forth houses and answering questions for them.
- The importance of consistency
- To put the child first
- How to be a successful co-parent
- More reminders of information that I was already familiar with
- That it's important to keep children out of adult situations
- How important it is to keep kids out of adult situations
- How to have healthy communication with my co parent.
- How to deal with co parenting
- How much kids see what is happening and how to help then transition better.
- I learned that I should step back from my emotions and do what's best for my children. To not talk negatively to them about their mother. I learned ways to be a better father to them. To give them emotional support and ways of accomplishing those goals.

- To listen and communicate calmer with my co-parent. For the good of my children.
- Always take child's feelings into consideration
- How to communicate with my children regarding the divorce.
- How to effectively communicate as a co-parent
- The most interesting part was about how children process divorce at different ages.
- How to reassure my child during this divorce process. How to best address my child's feelings for his own emotional wellness.
- The importance of getting along for the child.
- How important it is to get along for our child.
- I learned that kids of different ages can be affected in completely different ways. I also learned how crucial and important communication is between co-parenting.
- The most important thing I learned was that good co-parenting is best for my child's needs.
- On how you should work with the co-parent even though I have many negative feelings towards her.
- That a child can be impacted by a divorce more than we think
- I honestly have been coparenting very well with my soon to be ex-husband for 10 years
- How to help my kids cope with divorce.
- To look for the good in my co-parent
- N/A
- There wasn't too much in the course that I didn't already know, however, it was a good validation of my viewpoints and the behaviors I strive to exemplify interacting with both my children and their mother. I think the most important point in the course is to treat the other parent with respect and keep a business-like relationship with the children's best interests in mind.
- Appropriate communication with the child and co-parent.
- I learned to slow down listen to both my co-parent as well as my children
- I learned that it is important to be positive while in contact with the co-parent.
- To listen without judgement.
- That I need to be a better active listener
- Listening fully to the other parent to understand where they are coming from.
- Open communication
- That it is extremely important to be mindful of your child's emotions during the process and how each child will react differently based on their age and development
- Always making sure we do what is best for our children and always putting them first! They are our priority in this whole entire situation and we will never put them in any difficult situations
- That the most important thing I've learned was how to cooperate in a positive way and how I can't take care of myself.

- How the divorce impacts our child.
- Again.. We have been co-parenting for years prior to this. We are all healthy and happy, this class did not teach me anything new.
- How to effectively communicate with my co-parent.
- How to successfully communicate with both my kids and their mother
- The most important thing I learned is to always give your child the opportunity to spend time with the other parent as much as they choose to.
- Work together
- That it is important that me, and the other coparent get along to work together to raise our children together to be more successful for them, and for them to be more successful
- Effective communication is the key
- Helping co parent apart and doing what is in the best interest of my son being patient and helping through transition
- Typical age responses for my children. What will help them to stabilize and how best to help them
- not sharing information to the children that pertains to adults
- I learned better methods on communicating with my children and how to better co/parent with the other parent
- No matter what, the children always need to come first.
- techniques on healthy communication with my co parent
- How to communicate with my co-parent.
- The most important thing I learned is how the children can be affected by both positive and negative things while parents are going through a divorce.
- Age appropriate conversations
- keeping everything as easy as possible for the child
- Lessen conflict and having communication w/ my co-parent that benefits our son.
- How to listen.
- The impacts of divorce on kids and the best ways to help them
- To take care of myself so I can be present for my children and do what is best for them.
- I think this class offers a lot of important information all of which are very important. I think for me knowing your child's age and how at each age level it affects them differently was very helpful.
- It's ok to go through all the emotions dealing with divorce.
- The importance of healthy communication
- Communication is key
- The grieving process that I have been in, I didnt realize it was standard to most people.
- Remind it's not their fault. Also to always maintain a business like relationship with coparent for the success of coparenting.

- How to use an appropriate tone when speaking to my children and the coparent
- What I should and shouldn't say in front of my children regarding my divorce and my feelings.
- How to recognize what I am going through emotionally and how to better myself for my children.
- Do what's best for the children
- Hopefully it will help me and the co parent work together better for the children
- Proper communication between both parents not only affects the children but also each other. By having good communication, it is easier to co parent together to come up with solutions when problems arise.
- Keep child-focused communication to avoid emotionally intense conversations that are not fruitful.
- To not give children too much information about one's personal life.
- I didn't learn anything new
- How the divorce impacts my child
- How to support my daughter
- That it is okay to do business like talk with my co-parent.
- Timing is important with communicating with my coparent.
- how to use healthy techniques with my co parent.
- To always think about what is in the best interests of the children
- The development cycles per age group. How resilient each age group is during the particular age cycle.
- Healthy communication
- That it's ok to disagree. Just come back at a time when it's appropriate to have an uninterrupted conversation about it.
- How to differ argumentized conversations to be revisited at a better time or place.
- "is what we are doing or saying in the best interest of our child"
- How to coparent
- How privileged I am to be a parent!
- How communication with the other parent can impact the children. Just being mindful of what the child is experiencing at each household and how conflicts and be confusing to the children.
- Just need to work together more for the kids.
- The impact of co parenting.
- How it effects children at different stages of life
- How ages if children can affect how they react to divorce. How to also write things down when discussed to go back to later.
- How to communicate with my co-parent more appropriately and effectively.
- Treating co-parenting as a business like relationship

- How children can digress and not to punish them.
- That taking care of myself in times of struggle shouldn't be viewed so negatively, and in fact is necessary to make sure I am the best version of myself for my children.
- How to communicate with my child in a healthy way
- Healthy communication ideas
- That all the emotions that I'm going through is normal
- How to handle difficult questions from children, and how to communicate with my co parent better
- How it affects different age groups
- The biggest take away for me was active listening and problem solving with my co parent.
- active listening techniques
- I really appreciated hearing the direct verbiage to use in specific scenarios. Also, approaching communication as a business relationship was also very helpful to hear as a technique.
- Problem solving with the co- parent.
- Handling disagreements with the other co parent.
- How to have a conversation with the co parent even during a disagreement
- I think that the age/developmental based impacts of divorce was very helpful, as well as how to resolve conflict and active listening with the co-parent.
- It will take both of us to make this work for our child. Active listening will be a key tool.
- How to talk with my child about the situation
- What's best for the child.
- Set boundaries
- How to communicate effectively and concisely with my co-parent.
- "What things I was doing that were detrimental to my children.
- And how to keep things focused on the kids. "
- New techniques and ways of interacting to maintain better communication to keep more civil with my co parent.
- To use business like communication.
- How the children process the changes depending on their age, and how to help each age group transition.
- How to co parent in a constructive manner and to make sure that the children are always put first no matter what

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

- Take care of my physical health
- Take therapy for all areas of divorce.
- Take time alone to do something I enjoy that I haven't been able to do lately
- Practice good Morals.

- Stay Healthy/Get in Shape. I lost a significant amount of weight due to the initial stress of my wife wanting to separate. As I'm learning to deal with and reduce the stress, I'm feeling healthier and hope to use the initial kick to my system to make positive changes.
- Communication with like minded individuals, share experiences and opinions. Also get my kids and I involved in counseling/therapy.
- I am doing a lot to take care of myself, including regular exercise, reading, journaling, and knitting.
- Keeping up with hobbies and interests that make me feel good.
- focus on my relationships outside of my coparent, friends and family. Continue to have my own hobbies.
- Focus on my health
- Not isolate myself
- try to join some community sports or try to create new hobbies and surround myself around people that are a great support system for me
- Go to the gym and church.
- Allow myself the time to heal from this process.
- Take a little more time to relax, maybe read more.
- Read more information and stay involved in the community.
- I will be getting a therapist and go to the gym and work on my self
- Take care of myself
- Learn that I don't have to feel guilty or rejected
- Get more sleep and read more books
- By taking care of my health because of my children and myself
- I will remain positive and look forward to the next chapter of my life. I cannot change the past and there is no reason to dwell on it.
- Forgive myself and alleviate my guilt for finally throwing in the towel
- Continue to support my family and love my children.
- Practice positive self speech and just in general with the way I think of myself moving forward.
- Self reflection and self care
- Practice self care
- Seek additional help if needed
- I will take care of myself by asking for help when I need it and pushing out all of the negative energy.
- One thing I plan to do to take care of myself is to talk to a psychiatrist about issues with my co-parent and work through it with them so it doesn't cause conflict between my co-parent and I, and also minimally impacts or affects my child when I am around them.
- focus on positive thinking
- exercise more

- Exercise
- I will continue to exercise daily and eat well so i can be here for our daughter as long as possible.
- hang with friends
- Ask for help when needed
- I will continue what I am already doing.
- continue therapy
- I will allow myself time to heal and grieve.
- Meditation
- Put my physical and emotional health first
- Know that I cannot be perfect
- Focus on my own growth as a women and mother
- Physical activity and feel good physically which in turn is emotionally rewarding for me
- I will start taking some time in the mornings or evenings while my child is still asleep or with the co-parent to journal.
- go to the gym
- Physical activity like gym
- Move on and try to see the better side of who I am now.
- Workout
- I'll continue counseling.
- Therapy and maybe yoga.
- See a counselor
- Find Self Love. Find peace with my Family
- Exercise more
- Make time for myself to do hobbies, find ways to better myself especially in my days without the kids whether that is through hobbies that I enjoy or betterment at my career at work.
- Setting myself up for a happier healthier life to provide that for my child
- Relax.
- communicating my parental needs to the other parent not my child
- Keep doing everything within my power to ensure the success of my children in all aspects of their lives
- stay healthy
- Try to find some social interaction when the kids aren't present in the home
- Make sure I take the me time I need.
- Therapy
- Talk to my support system
- Take time for myself and also ask for help if needed.
- continuing therapy

- I will start a yoga practice and mindfully breathe.
- Make time for me
- Allow myself to move forward. Find ways to reduce stress
- Take care of my physical health
- Eat good and work out
- More exercise and outside time
- therapy
- have a great support system.
- Finish all the requirements so I can focus on self-care activities- working out, talking to friends, spending time with my kid, going to my own therapy.
- Find more hobbies and things that I enjoy
- Talking with family and friends about the positive and negative aspects of the divorce, so I don't keep things bottled up, and am able to work through everything.
- Continue my interests and hobbies
- Eat, sleep and try to regain my focus for my work.
- Give myself time to Refocus on what is the most important thing to me, which is being Healthy, Supportive, Willing to do whatever for my children during this time of change in our lives.
- I will start back up in my yoga practice.
- Personal hygiene
- Give myself time each day
- I will make sure that I take time for myself also even if its just reading a book or taking a walk. Taking time for myself helps to make things not as stressful and also gives us a break from what's going on. Everyone needs time for themselves even if it's just ten minutes.
- Continue to talk to my VA therapist
- Take time for myself
- Focus on hobbies and friendships
- Meditation and journaling
- Meditate
- Stay Positive.
- Get some more quality “me” time
- Love myself
- Let others help me.
- Self-care
- I didn't learn much in this class. It's a required class for dissolution. We have been living separately for some time and are still great friends and co-parents. I don't foresee any issues. Our case may be an outlier and I debated on giving feedback so I

wouldn't skew the numbers but also was worried I wouldn't get credit for the mandatory course and be found in contempt.

- Self care and find hobbies that I enjoy.
- Continue with my exercise program which makes me handle stress better and look forward to new beginnings.
- Speak positively about myself, give myself grace
- Maintain a life that is outside of coparenting, something that is just mine
- Take time for myself.
- Set aside time each day for personal self-care.
- Exercise
- Reflect on what makes me happy
- Continue counseling.
- Exercise
- Be sure that my mental health is good by meditating
- how to co parent with there mother
- I will continue my therapy.
- focus on work and my child
- Find a new hobby
- stay calm and let go
- Going to the gym
- start journaling
- be positive
- Having a positive outlook
- Exercise
- Try to take care of my on emotional needs
- I will try to give myself, my co-parent, and my children realistic expectations for navigating through challenging and emotional times.
- To read more books on parenting
- Continue to use mindful exercises
- Exercise to relieve stress.
- Workout
- self positive and move on
- I have to self positive and be move on
- self positive and move on
- be positive and move on
- Resume some of the hobbies I enjoyed before my seperation.
- One thing I will do is take just take time for myself. I will take walks, I will see a counselor, and I plan on reading material that will offer advice on coping through divorce and coparenting.

- Not worry about what others are thinking so much. Try to decrease guilt.
- Trust other parent
- Reducing my stress and being more independent person
- Keep an open mind, work on myself and continue with therapy
- Not get sucked into a situation with my co parent that is bad for everyone
- keep pushing to understand and enjoy being alone
- Enjoy every moment with my children and not worry when I don't have them
- I will take the time to make sure I'm handling issues and emotions.
- Keep composure
- I won't blame myself
- Just keep a clear head and positive thoughts.
- take care of my physical and emotional health
- Exercise
- spend time with kids
- Take time for myself when the kids go to their dad's
- maintain healthy relationships
- Invest myself into fitness to be a healthy me for my children.
- not talk to my ex
- I will work to feel my anger and resentment then work to let them go.
- Continue to look towards a better future.
- Build into my friendships
- I will focus on creating relationships with friends and being a better a mom.
- Self care
- Having a good emotional support system to lean on.
- I'm currently doing things but will continue to strive to make more connections with others.
- Allowing myself time and patience to heal and feel my emotions in order to become a healthier, happier version of myself. Using a journal to keep a log of my progress and set backs to continue my growth.
- Enjoy a hobby
- Find a new hobby, make new friends, try to refind my center
- Find more new interests
- I will work more on my mental health.
- exercise, eat and sleep better
- Continue to attend counseling and stay focused on myself rather than my ex husband and his life after being cheated on.
- use what I've learned from taking this class and work to becoming the best person for my children.
- Confirm my identity and believe in myself, knowing that positive thoughts are healthy

- Keep my faith center of my life.
- Keep up with doctors appointments for myself.
- I will participate in activities involving more self-care.
- Make sure to take time to process and self-care for myself to be a better parent to my children.
- I will spend more time doing things I enjoy such as reading.
- Self growth,
- Reduce stress
- I will practice better self-care. Taking a walk, reading a good book. Get a Massage. Go to Therapy if I need to. Journal my feelings as well.
- Find my hobbies again
- Find support
- Be more reasonable
- yoga
- Thinking positively
- Think positively
- I will engage in activities that create a sense of calmness and help in reducing stress such as workout classes.
- Seek help so I don't stress and overwhelm myself.
- I will take a deep breath and step back when I do not agree on something. I have learned to put my ideas and her ideas in prospective and try to come to a calm solution for my children's sake.
- I will remain calm and to put my children first. Their feelings are the most important.
- take more time to myself, work on relieving stress
- Eat and rest better
- Find a hobby and stick to it.
- More fitness activities and counseling
- Make my physical health a priority.
- I will continue to go to the gym. The gym is a place where I can give myself a mental break.
- Eating healthy and doing activities with my kids.
- Eat healthy and do fun activities with my kids.
- Continue therapy and surround myself with friends and family
- Take time to reflect.
- Not let my ex wife continue to emotionally hurt me.
- Continue to improve my physical and mental health
- I workout
- Take time to myself to workout, and my own quiet time so I can be the best in this situation.

- Continue/ increase meditation/exercise habits
- Self care. Exercise when able, emotional growth.
- More social activities.
- I will keep my faith in God and continue to attend church with my children
- I will focus on bettering my physical and mental health.
- Positive thoughts and actions.
- I'm going to counseling and exercising
- Keep a healthy life style.
- Workout
- I will be patient with myself. This is difficult for everyone involved and I need to be gentle and patient with myself and my emotions during this time
- Always staying positive and having a positive outcome through this process
- Find more of those little moments for myself and do something for me to heal emotionally.
- Take time for myself.
- Go for a walk.
- I will go to church - it makes me feel better!
- Exercise
- One thing I will do to take care of myself is to stay strong for my child.
- Talk it out with friends or professional
- Therapy and working out doing things that are positive that help me be happy and a better father
- Support group and counseling
- Keep a journal
- Speak to a counselor.
- spend time with friends and family
- I will exercise and eat healthy.
- Take time to myself when the kids are with their dad. Focus on being a healthier me for both me and my children.
- Allow myself time to heal and learn.
- that's just it take care of myself physically emotionally - will help me and child all around
- Exercise, eat right, go to a counselor
- Being alone is tough but I can be positive when I'm alone.
- physical activity
- Manage my physical and emotional health better.
- The biggest thing I have been doing to take care of myself is counseling with a professional. Having someone help me through this trying time has helped.
- Start living my life so my child can see me as a happy and positive person in his life.
- Try not to be stressed!

- Find time for just me
- Cope better with my guilt.
- Rest
- Focus on doing the right thing by my children which will reduce my stress
- I will stop focus of the past, regarding what could have been different but now moving on with my life.
- I work out on a regular basis this helps me feel good about myself.
- Find a hobby
- Cherish every moment with the children
- Eating healthier. Getting out more. Going to new activities.
- Create new friendships and find ways to serve others with my children to give them positive priorities and good quality time with me.
- The gym
- The same things I was already doing
- Finding a hobby
- Make time for me
- I will create time to do some self-improvement by working out and getting out and about to rebuild my relationships that were potentially tarnished during our marriage.
- I will make time to do some self improvement such as working out and making a routine for myself.
- Meditate exercise
- I will maintain positive relationships, stay active with my family, and also my church.
- Get enough sleep..
- Strengthen my immediate support circle.
- Work on my mental and physical health more.
- continuing to do things for myself and not feel guilty about them.
- Not ever talk and listen
- Get plenty of sleep
- Spend time doing actives that I enjoy when I have the opportunity.
- Make myself happy before I can anyone else.
- Know my self worth to myself and to my child.
- Focus on what makes me happy.
- Making sure I communicate well and use resources that are available if needed per any issues that may arise later.
- Keep engaging in exercise and meditation techniques to reduce stress, anxiety and depression.
- "Mani/pedi
- Vacations
- Time with friends"

- Spend time doing things that make me happy.
- Get healthy
- Try new activities
- Be positive
- More me time when I'm without the kids. I'm going to find a hobby.
- Be present in the moment
- I will put more focus on emotional health.
- focusing on new hobbies and interests.
- Get together/talk with friends more.
- Continue to eat right and exercise.
- Exercise, so hopefully they do it with me, and it can help us all get healthy, and have fun.
- Read, write
- More intentional time to de-stress before I become too overwhelmed.
- I will make sure my emotional health is taken care of first and foremost. I will continue seeing my counselor .
- Positive self talk
- Move on.
- Stay positive
- Continue to make a new life for myself through meeting new friends and having new experiences.
- Diet and exercise
- I will focus on fun hobbies and things to learn in the time I do not have my children so when I do have them I can involve them and have fun things to teach or do with them like music or art projects.
- Focus more on self care and exercise
- Take time to relax when my child is with the other parent.
- Move forward and stay constructive

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

- Be attentive to their mental health
- Provide them with love, care and stability at all times.
- Spend time with her doing things she enjoys and making sure she has the opportunity to express her feelings.
- Always put them first.
- Continue efforts to not only better my relationship with my child, but to encourage positive growth to his relationship with his mother.
- Continue to communicate and support them. Take care of their mental, emotional and physical well being. One idea that I heard from this class. Is to reach out to their teachers, and ask their opinion of the impact on my girls. And if they've noticed any changes in behavior.

- I want to make sure I spend a lot of quality time with my kids, and ensure that they have a happy childhood despite the divorce.
- Find more time for one on one interaction with them.
- listen to their needs and participate in their interests.
- Listen to them
- Provide comfort, stability and active listening.
- nothing will change im going to do what is best for my children
- Spend quality time with then and always assure them how loved they are.
- Ensure their physical, emotional & spiritual needs are attended to as well.
- Create a better routine based on their age.
- Allocate time daily for each of them to talk and discuss their feelings.
- Everything it takes I'm going to make sure she lives the best life dispite me and her dads differences
- Always make sure her needs are met
- Spend more quality time with her
- Spend more quality time with them
- Always put them first and listen to them no matter what it is because it is very important to me and them
- I have been raising my children for awhile now. Now that we are separating I will institute a few changes slowly to help make them more responsible.
- Put her needs first always
- Listen attentively to their to access their needs, whether emotional or physical.
- Show them support and love.
- Always listen to their feelings and emotions surrounding the divorce and allow them to express accordingly.
- Active listening and special time with each of them equally
- Schedule one on one time
- Support her
- I will continue to be the best mom that I can and help her transition from one house to the other. I will make sure we continue our one on one time.
- One thing I plan on doing is allowing my child to do something fun she wants to do for 20-30minutes after her mother and I exchange her and then having her come to me and talk with me about her time at her mothers house in order to minimize her anxiety in talking to me about it and to help me to not ask pointed questions probing into her mother and her family's household.
- take time to listen to their feelings about situation
- spend more individual time with each child.
- Provide stability and nurturing to them
- Always put her needs above my own.

- listen to his issues
- Listen closely, pay attention to verbal and non verbal cues
- I will try harder not to discuss their mother in a negative way.
- Keep spending quality time together
- I will maintain open lines of communication with my kids and reassure them that it's important to stay connected to both me and their father.
- Pay attention
- Always make sure he knows I am there no matter what
- Be present and involved during our time together
- Be more understanding of their feelings and more patient with them
- Always listen and be there always put them first and take care of their emotional and living necessity the best I possibly can and encourage them in all areas of life so they can have a great life.
- I will always try to make decisions that will be in her best interest; I will ask her for her opinions in regards to the parenting plan when she is old enough.
- play with them and try and teach as much as i can.
- Listen and make sure they are happy and do what's best for them
- Be supportive
- Spend more time with the,
- Continue to foster one on one time with each of my sons, as well as lots of family time.
- More one on one time.
- Be there for him and listen to and answer his questions with an age appropriate response.
- Listen when they speak. Or Communicate if they are silent. Ask about their feeling.
- give them space to express their thoughts on the situation
- Healthy communication with my children and reenforce the importance of them being children and not having to deal with adult problems. Showing how the divorce is not their fault and that both parents can successfully coparent together in a positive way.
- Make sure her emotional needs are met and she feels loved and supported.
- Provide and be there for them.
- keep our open door policy to discuss their problems and emotions not my own.
- I will protect, provide, teach, love, and care for them with all my heart and every fiber of my being
- empower, teach, and guide them
- Try to find some one on one time with each child.
- Make sure I fully listen to their feelings and concerns.
- Listen and spend quality time, be gentle
- Give them stability and consistency
- Make sure that I give each child 1 on 1 time.

- work on my communication skills
- I will spend even more quality time with them so they feel seen and heard.
- Make sure to make that good quality time happen on my time
- Focus on giving them stability through routines and rules that will benefit them
- Spend quality time with each of them doing things they are interested in
- spend time with them together and individually
- More and better communication and more time spent together one on one
- putting them first and supporting a healthy role as a co parent to meet their needs
- Provide them with stability, consistency, and healthy communication.
- Spend one on one time with her, stick to helpful routines, listen to her
- Promote a good routine, and make sure he knows that I am always here for him
- Make sure that even though it's two households, we are both keeping certain rules and boundaries consistent, and letting them know they are still loved and cherished.
- Be sure to always have quality time
- Love them and always listen to what they say and be patient and understating.
- Being there for them no matter what!
- I will build new traditions with him in our new home.
- Anything
- Make sure I'm always there for them no matter what
- Provide daily for them
- I will be encouraging and not discuss anything in front of them that is negative because it will only harm them. If there is a problem I will discuss it with the co-parent and not in front of them. I will spend quality time with each and everyone of them and do family activities frequently to try to make things as normal as possible.
- Reassure them that the divorce was never their fault and that they are loved equally by both parents.
- Take time to do our own thing
- Always do my best to keep my safe and happy
- One on one time with each child
- Communicate
- Maintain a good healthy loving relationship with them.
- Spend quality time with them and continue to try to communicate with them.
- Love them
- Provide them with stability and consistency.
- Always listen.
- I didn't learn much in this class. It's a required class for dissolution. We have been living separately for some time and are still great friends and co-parents. I don't foresee any issues. Our case may be an outlier and I debated on giving feedback so I

wouldn't skew the numbers but also was worried I wouldn't get credit for the mandatory course and be found in contempt.

- Listen, cooperate and be there for her as needed
- Continue to be intentional with my time and make sure my son is supported through all of his feelings
- Make sure they know they are safe and loved at both homes
- Find a hobby we will all enjoy.
- Set aside time each day for one-on-one activities with a child, then, set aside group activities for all of the children.
- Work as hard as I can
- Always make sure I have time for them
- Take time to listen and communicate with my kids. Their feelings need to be heard and understood.
- Be involved in their life with everything.
- Be sure that they know that they are still loved and cared for
- setting some ground rules to help make a stable home
- I will continue to have active conversations with each of my children and encourage them on positive influences in life.
- whatever i can as regularly as i can
- Continue to ask about her feelings and help her address and identify which feelings they are
- talk about their feelings more
- Listen and continue to bond with my child
- make sure they know they are loved and spend plenty of time with them and hear them out when they talk
- listen to there needs
- Healthy relationship with the other parent
- Always be present emotionally and physically
- Make sure she knows she's always safe to express her emotions and tell me what's bothering her
- I will continue to make them a priority, and part of that is doing my best to successfully co-parent.
- Just try to make our relationship better with both children
- Continue to spend time with them and do fun things with them
- Listen to their needs and make plans to spend time doing activities they love.
- Just be open for them to talk to me. Also get them counseling.
- i will only help my child no matter
- I will care my child no matter
- i will alone with my child if need me

- i will care my child first
- I will plan my parenting time to be rewarding, educational, and establish common interests.
- I will make sure their emotional needs are met by regularly checking in on how they are feeling. I will remind them that this divorce is not their fault, and that they are loved by both of their parents.
- One on one time.
- One on one time
- Need to understand their thoughts often, help her with reasonable requests.
- Always put him first and listen to his concerns
- Listen to my kids more intently
- Always remember child or teen they are human and have feelings that they are aloud to have and I need to take time to understand
- Continue being the best mom that I have been and focus on their needs and wants
- I will make sure that he always feels heard and understood. I want him to see his parents working together.
- Communicate
- Routine
- I'm not getting involved in the divorce
- Always make sure they are number one when they are here with me. Never push the aside and allow them to think it's there fault.
- be a good co-parent
- healthy diets and healthy activities
- make them dinner
- Continue therapy for my kids
- support them emotionally and financially
- Always put them first and think calm and clearly for them.
- keep on keepin on with what im doing
- I will work to be a better active listener
- To never use them as a confidant during this process.
- Communicate more often about what they are feeling
- Spend time with them individually and together.
- Stop and ensure I address their needs and process their emotions about things
- Make sure that their needs are always met.
- Do my best to put their needs first and do what's in their best interest.
- Check in and listen to their feelings through this transition and continuing a structured routine alongside fun things to keep their minds moving forward.
- Be there for them and to make sure to do things with them that they enjoy
- Stop and take a breath when they are having trouble communicating their emotions

- Have a better relationship with their father
- I will focus on their mental health
- maintain their routine
- Reassure her that nothing is her fault in the future and spend quality time with her doing enjoyable activities.
- I will be the best i can for them and always let them know im here for them to help them through life.
- Interact with their favorite games, and always be a listening ear and be aware of their feelings
- Encourage my kids to keep loving their father despite the disappointments.
- Remind them constantly of their value to me.
- Spend more time with them doing activities they want.
- Continue with our family therapy sessions and try to be more attentive to their actions/feelings.
- Spending quality time with my children is the best thing I can do to take care of my children: always being there for them.
- Anything I have to do
- Put more time in my schedule for him
- I will give them a chance to communicate their feelings. I will give them a safe space to talk about things that are bothering them. I will adhere to appropriate boundaries with them as well.
- Be a safe space for them to express and talk about the different experiences they have with the coparent and the divorce
- Be truthful and consistent
- Continue to talk
- Make sure they are happy and listened to
- healthy boundaries
- Making sure he knows how loved he is.
- Getting along with his mother and making sure he knows he is loved.
- Listen and allow them to openly communicate with me.
- Just be there for them and listen
- Spend more time with them.
- I will put their feelings before mine. I will be a better listener and will step back from my emotions to come to a peaceful resolution for their greater good.
- I will be a better listener. I will not talk negatively in front of them about the other coparent.
- Keeping my stress levels in check so I don't inadvertently take it out on my son, make sure to set aside quality time for us

- Make sure I am focused on them when they are in my home. Sticking to a routine and follow through.
- Encourage them to communicate with both parents
- Foster one-on-one time with each of them.
- I will continue to spend quality time with my child and continue to listen to his feelings.
- Make sure he's always in a safe environment around loved ones.
- Keep him safe and always make sure he feels loved.
- Make personal time every week to spend quality time with them together and individually
- Spend quality time with them.
- I have always been there for my children and I will continue to support them, give them stability and the love they require.
- To continue to positively encourage her to be the best she can be no matter what the situation is
- I listen to their concerns and show an interest in their life
- Spend quality time with them so they know they have a good support system.
- Spend more quality one on one time
- Open communication and mindfulness of my actions and reactions. Maintain a good relationship with their mother to promote good growth and development.
- Support them emotionally through conversation.
- I will always treat them with love and respect. Be kind too then and the coparent
- I will make sure that my child has a safe and playful environment while with me.
- Listen to their feelings.
- Make sure they are actively participating in activities they enjoy
- Always be willing to listen and help him grow.
- Open communication with kids as well as spend time with them playing together
- I will be gentle, I will take care of myself and I will do my very best to make this transition as easy as possible for him
- Making sure they know they are number one and always feeling their minds with positive energy
- Continue to support them emotionally and to continue to hear their thoughts and understand their feelings through this process.
- Always be there.
- Listen to them when they need me.
- I will provide her with stability and be open and honest with her.
- Spend quality time one on one with each of them
- One thing I will do to take care of my child is to spend time with them and stay in the same routine as before.
- Work to make a stable and loving environment

- Coparent and only show positive behaviors and responses in front of my children and be there for them to support them all the way through
- Always let them know they are loved and the divorce is not their fault.
- Therapy as well reading books taking to do things outside bonding
- Be emotionally safe and open so my children can feel open to discussing their feelings.
- Be a better listener and understand their needs
- Always be there for them, as well as look into counseling.
- ask how their day was
- I will spend quality time with just him.
- Encourage communication and visits with their dad. Make sure they have the things they need and always be available for them if they need me, regardless where they are.
- Make sure to focus on quality of time
- be positive keep moving forward onto our next adventure
- Make sure his needs are met- including emotional
- Communicate with them.
- talking and keeping a close connection
- I will help them communicate their feelings about the divorce.
- Always looking out for his feelings and emotions and helping him work through that. Giving him stability and consistency each place he goes.
- Carve out time for just us to talk, hangout and enjoy each other.
- Be there for them during the entire process and after
- Spend as much time as I can with them doing things they enjoy
- continue to be involved with them
- One on one time
- Be positive in their lives and never talk bad of their mother
- I will concentrate on having a good future with my children, not worrying about what could've been, and what we did have when I was married. But knowing what we do have, and appreciating it.
- Do whatever my children need me to do to be the best father I can be.
- Make sure time spent with them is good quality time
- Communication
- Listen to their feelings and concerns. As well as watch for certain behaviors since the dissolution may cause stress.
- Keep our new environment strife-free and seek therapy for the symptoms of abuse on the children.
- Quality time
- The same
- Make sure to give them the attention they deserve
- Quality time

- I will create a new normal. Routine and consistency is key to move forward.
- I will create a new normal by coming up with a valid parenting plan and adjusting it to different stages of life and being consistent in the routine.
- Always be willing to listen
- Be available, receptive, and open to their absolute needs.
- Healthy communication
- Listen and make time for each of them one on one.
- shield them from negative conversations
- work on a consistent schedule.
- Stay to a routine
- Feed them
- Encourage them to express their feelings on the subject at hand. Also since my children are older let them have input into rules and plans when appropriate.
- The same things I've always done.
- Open conversations to allow them to express feelings more freely
- Everything and anything, but making sure they feel heard, listen to them and work with them on their emotions and feelings. Making sure we keep stability and consistency with them to ensure the best environment.
- Find more common interests with them and spend more quality time with them.
- Be present during parenting time
- Openly listen
- Make sure that the time I spend with them continues to be quality time, even if that means having difficult conversations and being asked questions I won't always have answers for.
- Support their relationship with their co-parent
- Listen
- Ensure them we both still love them very much and make co parenting easier
- Be present listen to how they are feeling
- I will on having a calmer approach to tantrums and encouraging healthier ways of expressing feelings.
- Keeping as much consistency as possible and shielding them from adult issues as much as possible
- Spend more quality time one on one with them.
- Continue to support them in every possible way.
- Not argue with the other parent Infront of the children.
- Be active with them and listen to them for their needs
- Have more intentional time during our time together and try to be more in tune with their emotions and validating their emotions.
- I will spend quality time with her.

- Make sure I spend time with them one on one
- Whatever is best for her.
- Communicate
- Continue to support his emotional growth and let him know just how much he is loved and how proud of him I am.
- Budget and one on one time
- Make sure they have a safe and stable home to help ease anxiety they will experience and do frequent check ins to ask how they're feeling, I'll most likely have them see a counselor so they have a neutral party to be able to talk to as well.
- Communicate more and work to heal the damage caused by the divorce.
- Ask them how they are feeling about situations as they arise.
- All of this course will be put in my everyday life in raising my children and with course parenting

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

- Avoid conflict
- Be mindful about getting upset with them.
- Make sure to keep a healthy line of communication open so that we can successfully coparent
- Try to keep things in a more business-like relationship. Through-out our separation process, I've hoped for and encourage activities we could do that includes all of us - my 16-year-old son, our adult daughter, and their mother. This course helped me realize that this is not necessarily something that their mother really wants.
- Encourage counseling, and rehabilitation. For herself, and the girls future and well being. But do it in a positive, encouraging way, without judgement.
- Make sure we set a time to discuss things that is convenient for both of us and gives us time to think things through before discussing.
- Write things down and keep it about whats best for the kids
- listen to and not react defensively. reach a mutual goal.
- Be a better listener
- Create boundaries
- try to be able to communicate better with her about different things
- Communicate properly
- Ensure a healthy and open line of communication between the two of us.
- Listen better.
- Keep our business like
- Make sure we talk things out and agree on things
- communication
- Encourage her to have a relationship with him
- Speak Respectfully

- Do not let jealousy or anger or any negative emotions get in the way remain friends
- I will be open minded and willing to make adjustments to the parenting plan.
- Active Listening
- Keep communication open and friendly.
- Pick my battles wisely.
- Be respectful in communication always.
- Effective communication
- Work together for the best interest of our child
- Communicate
- I will listen and communicate with my coparent relationship. I will not be negative towards him.
- I will work on establishing better boundaries and work to better explain and practice active listening so we can communicate better.
- listen fully before i respond
- listen better
- Actively listen and not rush to judgement
- There are still unresolved issues , work towards getting those things resolved.
- listen
- Be civil
- I will treat our conversations in a more business-like manner.
- Support her
- I will be respectful when communicating to him.
- Be amicable
- Listen and be respectful
- Not go into situations defensive
- Not argue.
- Listen and compromise
- Communicate better and listen better
- deal with things the right way and try to listen
- Listen and compromise
- Listen to what they have to say before responding
- Be calm
- I will work on better communication techniques.
- Boundaries
- Actively listen
- Still love her. Respect Her. Teach my children to love her forever.
- be more open with communication

- Communication, definitely, along with active listening which is one of my main takeaways to make sure that I not only listen but retain the information and problem solve appropriately when issues arise.
- Communicate effectively
- Talk calmly.
- refraining from giving my opinion and be mindful of his parental needs
- Always focus on what is best for my children
- focus on what is best for the kids
- Try to keep communication business like
- Show my child's father care and compassion and not anger and willingness to argue or fight.
- Communicate respectfully
- Only discuss child related things
- Make sure we maintain a professional relationship.
- staying present when talking to him
- I will be a better active listener.
- Actively listen in conversation before speaking
- Communicate with active listening
- Communicate and listen
- have effective communication
- Listen first, ask more questions and think about response's before saying anything
- dissolve conflict
- Be respectful.
- Continue listening and focusing on the best interest of our child
- Set up a co-parenting plan, and adjust it as our child gets older
- Keep communication open, but dial it down from personal to more business-like, to make sure lines aren't crossed and issues aren't created.
- Always keep our parenting on the same page with each other
- Listening
- To do what is best for whatever situation presented to us for our children and their wellbeing.
- I will try to not be judgmental when communicating with my coparent.
- Ill do my best but i cant speak for her
- Be a good co parent
- Agree to parent the same way
- I will be more encouraging.
- Communicate
- Stay with an open communication for our children
- Communicate and not judge

- Active listening
- Communicate when we are able to
- Not be negative or hateful.
- Continue to try to communicate and come up with a solution .
- Be understanding
- Use active listening.
- Allow the co-parent to finish speaking before answering
- I didn't learn much in this class. It's a required class for dissolution. We have been living separately for some time and are still great friends and co-parents. I don't foresee any issues. Our case may be an outlier and I debated on giving feedback so I wouldn't skew the numbers but also was worried I wouldn't get credit for the mandatory course and be found in contempt.
- Be respectful and listen.
- Cooperate, effectively use these tools to make the best decisions for our child.
- "Wait" before speaking
- Keep things on topic
- remember it is for the best interest of the kids.
- Agree to disagree.
- Compromise for the betterment of the child
- Remembering Communication is key
- Communication
- Stay in contact.
- Be sure to listen
- to treat them like a co worker
- I will keep conversations briefer.
- idk try to reach out to start some communication
- Not talk about things that i do not need to speak on
- transition fully to a business-type relationships
- Have effective communication
- communicate better
- be understanding
- Open communication
- Open Communication
- communicate effectively and not use mean words or let anger take over when communicating
- Actively listen and reserve judgement.
- To understand that they are trying too
- Keep the door open for conversation
- Communicate effectively and civilly to tend to the needs of our child

- Just try to talk like adults.
- show support
- to be support
- support
- support around parenting
- I will value their emotional health as it directly affects our child.
- I will focus on the best interest of our kids. I will listen to and communicate with the other parent.
- Not ask kids questions. Direct their questions to him.
- Communicate
- I don't have this issue so far
- Listen to his concerns and work together with any difficulties to come to the best solution for our child
- Listen and not judge
- keep a closer eye on what I share about my new life
- Make him communicate more
- I will make sure he is kept up to date with everything regarding our son.
- Communicate
- Stay calm
- Open and honest
- Just keep it positive and happy
- communication with one another
- listen
- listen
- Try to be more friendly during encounters
- respect their decisions
- Value the other coparents feelings.
- there isnt a relationship
- I will work to be a better active listener
- Understand their communication
- Listen more
- Focus on not interrupting.
- Listen more
- Communication
- Patience and respect
- Using healthy communication skills to keep my co-parent involved in our children's lives.
- Respect their opinion
- Listen and engage in conversation
- active listening

- I will try and communicate more
- have better listening skills
- Try to communicate more efficiently.
- I will always try to be successful co-parent.
- Learn how to actively listen and respond with respect
- Be professional & courteous
- Communicate
- Active listening
- Try to be respectful and let my feelings allow me to lash out.
- Active listening/communicating
- Communication
- Be mindful
- I will not bad talk my Co-Parent.
- Be an active listener
- Have open and honest conversations
- Have open discussion
- Work together
- have respect for them
- Getting along with one another
- Always be there for one another
- Be respectful
- Agree on making plans
- Communicate
- I will be a better listener. I will let her express herself before I speak. I will remain calm and come to a peaceful resolution when things arise.
- I will listen and put both of our feelings into play. Be better at communicating. And I want a better relationship with my daughter's.
- communicate, not argue or talk down/bad about them
- I have to establish if there will be one after he's released from prison
- Communication
- Communicate efficiently
- Treat it like a business transaction.
- I will continue to listen to my co-parent without judgement.
- Be very understanding of the other parents wants and needs
- Be understanding of needs on both sides
- Communicate frequently and show respect
- communicate clearly and openly.
- Strictly keep our conversations about the children and nothing else.
- Try to maintain positive communication

- respect
- Keep the lines of communication open and let the past be the past so that we can move forward in the best interest of the kids.
- Remain business like
- Maintain open communication.
- Communicate appropriately.
- Treat them with respect and understanding
- I will have positive communication with the co-parent
- Listen without judgement.
- Have good open communication
- Being respectful
- Better listening
- I will actively listen, I will understand that he has emotions too and they might be different than mine
- Staying good friends with better communication
- Continue to have healthy communication and support in whatever form they need to be a successful coparent.
- Have an open mind.
- Jacob is one of my best friends, we take care of each other always. We are family.
- I will be honest and open with my co-parent.
- Active listening
- One thing I will do to take care of my co-parent relationship is to give the other parent the opportunity to spend time with our child.
- Talk
- I will be mindful and respectful and not focus on the negative but focus on raising our children together
- Communicate
- Be reasonable and respectful
- Listen and be consistent with rules.
- Work on communication
- Stay positive, no matter how I am feeling, for the kids sake.
- be respectful to the other parent
- I will try to listen.
- Try to understand things from his point of view as well as mine and determine the best scenario for our children.
- Make it a business relationship
- communicate
- Have open communication that will benefit our son.
- Listen more

- communicating the best way i can
- Keep the Co-Parent relationship focused on the children at all times
- Think before I speak. Really keep things about just our child.
- Listen more before speaking and making any judgements.
- Communicate and not fight
- Respect the other parent. And not talked about them in front of the child
- continue to stay civil
- Listen
- Listen
- Knowing how to go about this new relationship, I have with my coparent, knowing that it's more like a business relationship now, and taking the emotional stuff out of it
- Be a non-judgmental and non-bias co-parent.
- Business like communication
- Communication
- Be respectful of their private life and respectful of their time with the kids.
- Affirm the kids for any positive relations they have with their Dad.
- Listen
- Same
- Make sure to communicate about just the child
- Communication
- Openly and effectively communicate at the appropriate time. I will listen to understand.
- I will listen to understand.
- There's no contact
- Be open minded. Listen and slow to respond.
- Actively listen
- Show compassion
- more communication
- consistent communication
- Communicate
- Active listening
- Try to be kind and positive and to work together for the children.
- Still love her and help with anything.
- Listen
- Be patience
- Be aure we communicate well ans bring up and issues to discuss but also come up with solutions and follow through with them.
- Avoid sharing personal details that don't relate to the children.
- Practice active listening
- Listen attentively

- Keep what's fair front of mind and the primary focus.
- communicate effectively
- Set boundaries
- Listen
- Communication and problem sloving
- Not judge and be there to listen
- Actively listen to what is being said.
- making all decisions together
- Communicate in detail.
- Make sure I stick to the facts.
- Never lie, tell complete and whole truths. Must have trust.
- Not talk negatively and encourage the child to spend time
- Active listening, and follow the problem solving techniques laid out in the participant booklet
- I will put effort .
- Active listening
- Be fair to the co parent.
- Be respectful
- Listen intently without guilt or blame.
- Stronger filter and more healthy boundries with him.
- I will be respectful and not cross inappropriate boundaries and be sure to clearly communicate with them..
- Communicate professionally
- Make sure to listen and understand their point of view.
- Communication is key

Other comments:

- I would like more information regarding my son's age group - he's 16 - and also more information about encouraging positive relationships between myself and our children, and between my co-parent and our children.
- I feel that this class is well put together, and would recommend it to others.
- I do believe this was full of usefull information and agree with almost all of it. However, tho we haven't had issues with it, I do know others that have and I feel this course would benefit with more information on what to do in the cases where the other parent refuses to use these techniques or in cases of parental alienation or malicious parenting. Maybe offering some advice on that and some resources for help with that would be beneficial.
- I'd suggest not defaulting to 1080 video for the presentations... I would default to 720 or 480 as the buffering was constant. Give the option to use a higher quality... not the expectation to use it... otherwise it was a great course.

- I didn't think this would be a good experience for me but I was pleasantly surprised, thank you
- Overall, the course is reasonably informative. Although potentially offering a separate course on how to deal with a coparent who subjects your child to an unhealthy environment, manipulation, and is domestically abusive towards the other coparent would be helpful as well. I feel this way because sometimes co-parents aren't on the same developmental plane, where one refuses to grow up, and/or is domestically abusive when the legal system unfairly favors one co-parents gender in an unmarried situation. I also feel a course on how to healthily repair a relationship with your child after being domestically abused and alienated from your child would be beneficial being that those situations happen commonly and it is often difficult to understand how to fix the manipulation and disconnect between you and your child.
- "I'm glad I took this. I did learn some things to consider with my child in this divorce and my other child and their parent.
- I think there should be a course similar to this for married couples/single parents as well if there isn't already. It should be mandatory and taken every so many years. I think it will bring light to the issues we see in relationships. "
- It might be prudent to expand your gender options below, for non-binary participants such as myself.
- It would be nice to have more content for parents who get sole custody but souse has some visitation rights and how to manage that with kids.
- I have real concerns my ex spouse will not work with me to co-parent. It was a real problem during our marriage and one of the strongest contributing factors to our divorce. I doubt a "mandatory" course will change their views
- "As a social worker/ therapist. who worked with people who experienced domestic violence and walked with many people through their divorces, separations, and navigation of co-parenting, it was really eye opening to see this required class. A lot of the content is good, accurate, healthy communication and appropriate developmental education. A lot of it also is not very helpful and does not meet every person where they are, nor have the flexibility to join with someone at their stage of change. As I took the course, it was difficult not to imagine parents who use violence against their ex-partners going through the course and how they might hear/interpret, or filter out information. In my opinion, the educational pieces are great. They are neutrally stated. The parts that use big words that carry loaded meaning or aren't easily understood by just anyone are less helpful- ""abuse"", ""parentification"", etc. It was most helpful when the speakers outlined the behaviors, instead of using labels. Using labels distracts from the point and will be ineffective in reaching your listeners. The use of personal stories and emotional appeal seemed largely ineffective here. People going through divorce/separation/custody cases get a lot of opinions and emotionally charged statements from people. This really seems like a stick to the facts situation. I'd

recommend also providing the resources people can go to get help if they need more support in a topic area raised in the training. Saying ""you can talk to someone"" doesn't actually help people figure out who they can talk to.

- As someone who often works with OSU and graduated from OSU, I'm pretty disappointed with the theoretical and values approach towards this class. I would suggest collaboration with the OSU College of Social Work to make the course more intersectionally applicable to diverse populations and applicable to a wider range of folks in various stages of change.
- I greatly appreciated the multiple formats in which people can take in the information from the course- the ability to slow down or speed up videos, the option for video transcripts, the clear speech of the presenters. Those were really notable as factors that can make the content accessible to folks with differing information processing needs."
- I loved it!
- Thank you for all the info that was provided it was really good and a big eye opener for me and my situation.
- Thank you for the ability to do this course online. I like how it is broken down into the categories. I like that I could work at my own pace and take a break when needed.
- Thank you for this very helpful information
- I didn't learn much in this class. It's a required class for dissolution. We have been living separately for some time and are still great friends and co-parents. I don't foresee any issues. Our case may be an outlier and I debated on giving feedback so I wouldn't skew the numbers but also was worried I wouldn't get credit for the mandatory course and be found in contempt.
- My husband, whom I am preparing for a dissolution from, was diagnosed 12 years ago with Narcissistic Personality Disorder. Although in most cases with the general public, this course would be highly beneficial, especially in helping new parents adapt to the upcoming changes of separation so they can assist their child(ren) in doing the same. However, in cases such as mine where the other parent possesses a diagnosis that does not benefit anyone in the community but themselves, an altered course to tailor towards individuals such as myself, and my husband, would be even more beneficial. In such cases, although few, it is in my opinion that this course does not assist the individual opposite of the one possessing NPD, but harms it. I am genuinely concerned about future cases such as mine, as this course I feel would encourage the individual without NPD to make even more sacrifices to appease the narcissist, which does not benefit the child(ren) involved, as it only continues to diminish the mental capacity of the one without NPD.
- Some things that i have run across is my children have been calling another man father and there was no information on how to deal with it
- This was informative.

- I wish I had taken this course ten years ago when we first separated, there is a lot of helpful information here.
- i have learn many different
- Thank you for this class. It was a good reminder of what is important during and after separation. And the information provided will guide me to coparent effectively for my children.
- I didn't hear any advice on when there is a protection order or no contact order in place for the parents.
- Thank you
- The course was helpful.
- Thank you for this class I feel better equip for this next chapter in our girl's life
- "I was greatly encouraged by this class
- The only complaint I would have is, I wish I could have taken the class early on as the divorce progress started. I could have saved some conflict between coparent and children."
- This was a very helpful class.
- Personally speaking, my co-parent and I did counseling prior to this which helped tremendously. I understand you can only expect so much from a limited time, but this was not beneficial.
- This class thought a lot of things I didn't consider I am happy with the tools I have learned for it
- Enjoyed the clear, purposeful structure of the course and the way it was broken up into smaller increments.
- It would be more helpful to have more information on how to help children when an abusive relationship ends and other parent is no longer apart of child's life
- Thank you
- Thank you!
- Thank you
- We have been separated for a while and although we do co-parent VERY well, there were still helpful things I've learned from this course to better our communication and issue resolution.
- This class should be required to be completed in order to file for divorce/dissolution
- Found this very helpful
- Thank you
- Good course

References

Jewell, J., Schmittl, M., McCobin, A., Hupp, S., & Pomerantz, A. (2017). The Children First Program: The effectiveness of a parent education program for divorcing parents. *Journal of Divorce & Remarriage*, 58(1), 16-28.

LaGraff, M. R., Stoltz, H. E., & Brandon, D. J. (2015). Longitudinal program evaluation of "Parenting Apart: Effective Co-Parenting". *Journal of Divorce & Remarriage*, 56, 117-136.

Ohio Department of Health (n.d.) Marriage and divorce report 2021. Retrieved January 4, 2024 from <https://odh.ohio.gov/know-our-programs/vital-statistics/resources/vs-marriagedivorce2021>

Schramm, D. G., & Calix, S. (2011). Focus on Kids: Evaluation of a research based divorce education program. *Journal of Divorce & Remarriage*, 52, 529-549.