



Child First Family Services
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When Co-parenting Isn't Working Educational Program

This program is for parents who struggle with communicating positively with the other parent and need strategies and education to more effectively co-parent. Even when one parent wants to participate in co-parenting, it takes both parents to co-parent successfully. In addition, the program is also to focus on the psychological impacts of children when parents cannot co-parent and demonstrate passive-aggressive and destructive behaviors in parenting. Most parents do not want their children put in the middle of parent conflict however, due to not resolving relationship issues and not understanding how children are affected by divorce/separation long-term, the children are the most wounded which will negatively impact them in future relationships. The program is a six week group for one hour for each session. All participants will receive certificates following successful completion of the program.

Child First Family Services recommends that parents attend the six week educational program prior to starting co-parenting counseling. We also offer any live-in significant others that do some caregiving of the children to participate with the parent for only the educational program with no additional cost and that person will also get a certificate.

Cost: \$350.00. This includes six one hour sessions for the one parent and therapist. Insurance not accepted. If parents participate in the co-parenting counseling, the cost is \$150 per session which parents often split the cost.

Curriculum:

Session 1: The therapist will collect a social history to include previous relationship and parenting information.

Session 2: Review the kinds of anger including anger avoidance, passive-aggressive, resentments, and explosive anger and assist parents in understanding how their ways of dealing with anger impacts their socialization with others. Review communication styles and characteristics of assertive communication with examples versus passive-aggressive communication style. Discussion related to the psychological effects on children related to passive-aggressive behaviors in co-parents will be reviewed.

Session 3: Review coparenting quadrants which focuses on whether parents are willing to put their issues aside to be able to appropriately problem-solve children issues and be able to encourage the relationship with the other parent. There are times that skill deficits interfere with healthy co-parenting which includes both medical and mental health conditions which impede parents from being able to cooperatively co-parent. We also discuss Cooperative Co-parenting vs. Parallel Parenting.

Session 4: Communication difficulties is the most common discussion point in co-parenting counseling. A review of do's and don'ts to learn to effectively communicate in writing with each other will be discussed including what valuable information is needed to share with the other parent. Setting up co-parenting apps is usually highly recommended.

Session 5: What are bad-mouthing, bashing, and brainwashing and what you can do as a parent to deal with this in a positive manner without reacting in a similar manner. What is parental alienation versus normal behavior. Too many times parents misinterpret typical child behavior as parent alienation. We discuss child development , parent alienation as a result of the other parent's manipulation, and estrangement related to the parent struggling with their relationship with their children due to their own unhealthy behaviors that impact the children. . Strategies are also reviewed to minimize alienation.

Session 6: What you should be doing to assist your child with transitions to include developing new routines and relationships with each parent. We also review Step-Families and introductions of new people into the children's lives.

Contact us for our most updated schedule