

Children First Parent Education

Introduction
Session 2

68

Common Problems and How to Avoid Them

69

Meet the family

- Before the divorce
 - Vacations spent together
 - Family activities
 - Sibling relationship

70

Meet the family

- After the divorce
 - Regular fights in front of the children
 - Change in living situation
 - Effects on the children

71

Badmouthing other parent

- What you should not do
- What's bad about badmouthing

72

Badmouthing other parent

- What you can do instead

73

Badmouthing Example

74

Badmouthing Quiz

75

Using children to get information on the other parent

- What you should not do
- What's bad about using children to get information on the other parent

76

Using children to get information on the other parent

- What you can do instead

77

Using Children to Get Information Quiz

78

Sending or Receiving Messages through Children

- What you should not do
- What's bad about sending or receiving messages through children

79

Sending or Receiving Messages through Children

- What you can do instead

80

Sending or Receiving Messages through Children Example

81

Sending or Receiving Messages through Children Quiz

82

Discussing Financial Matters with Your Children

- What you should not do
- What's bad about discussing financial matters with your children

83

Discussing Financial Matters with Your Children

- What you can do instead

84

Discussing Financial Matters with Your Children Quiz

85

Talking about personal information with children

- What you should not do
- What's bad about talking about personal information with your children

86

Talking about personal information with children

- What you can do instead

87

Talking about personal information with children examples

88

Talking about Personal Information with Children Quiz

89

Fighting in front of children

- What you should not do
- What's bad about fighting in front of your children

90

Fighting in front of children

- What you can do instead

91

Fighting in Front of Children Quiz

92

Competing for loyalty

- What you should not do
- What's bad about competing with the other parent for your children's loyalty

93

Competing for loyalty

- What you can do instead

94

Competing for loyalty

95

Competing for loyalty quiz

96

Moving Forward After Divorce

97

Preparing for quality visits: Non-custodial parents

- Plan ahead
- Find a routine
- Do not give a gift at every visit
- Stock up on favorite foods
- Provide favorite games and movies
- Make sure your children have their own space

98

Preparing for quality visits: Custodial parents

- Encourage comfortable visits
- Send along comfort items if needed
- Teenagers may have full calendars

99

Preparing for quality visits: Custodial parents

100

Talking about difficult visits or broken promises with your child

- Dealing with a broken promise is difficult
 - Do not make excuses to ease the hurt
 - Stick to the facts
- Do not direct frustration at your child
- Discuss the problem with your ex-spouse

101

Introducing new romantic partners to your children

- Your children may resist a new partner
- Different views on making an introduction
- Plan ahead of time
- Keep your children as the top priority

102

The Introduction

- Talk about it before the meeting
- Consider common interests
- Activities should be child-friendly
- Gradually spend more time together

103

Blended families

- Prepare your children
- Make a plan for practical issues
- The new spouse should support your rules
- You should remain the primary disciplinarian
- The new spouse should not take the role of your children's other parent

104

Blended families

- Children from different families may not be instant siblings (or even friends)
- It can be a strain on your children
- Give your children time to adjust

105

Parenting Plans

- Why have a parenting plan?
- What is in a parenting plan?
 - Decision-making
 - Information sharing

106

Parenting Plans

- What is in a parenting plan?
 - Visitation
 - Future mediation
- What if we need to change something?

107

Moving forward

- You are entering a new phase of your life
- Look for opportunities for yourself
- Confront negative thoughts and challenge them
- Be optimistic in your thinking

108

Moving forward

- **How do you see yourself in 5 years?**

109

Moving Forward Quiz

110

Conclusion

- Thank you for participating in the Children First program.

111