

Parents Forever

The Impact of Divorce on Children

EDUCATION FOR FAMILIES IN DIVORCE TRANSITION





518.157, Minnesota Statutes 2007

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518.157 PARENT EDUCATION PROGRAM IN PROCEEDINGS INVOLVING CHILDREN.

Subdivision 1. **Implementation; administration.** By January 1, 1998, the chief judge of each judicial district or a designee shall implement one or more parent education programs within the judicial district for the purpose of educating parents about the impact that divorce, the restructuring of families, and judicial proceedings have upon children and families; methods for preventing parenting time conflicts; and dispute resolution options. The chief judge of each judicial district or a designee may require that children attend a separate education program designed to deal with the impact of divorce upon children as part of the parent education program. Each parent education program must enable persons to have timely and reasonable access to education sessions.

Subd. 2. **Minimum standards; plan.** The Minnesota Supreme Court should promulgate minimum standards for the implementation and administration of a parent education program.

Subd. 3. **Attendance.** In a proceeding under this chapter where custody or parenting time is contested, the parents of a minor child shall attend a minimum of eight hours in an orientation and education program that meets the minimum standards promulgated by the Minnesota Supreme Court. In all other proceedings involving custody, support, or parenting time the court may order the parents of a minor child to attend a parent education program. The program shall provide the court with names of persons who fail to attend the parent education program as ordered by the court. Persons who are separated or contemplating involvement in a dissolution, paternity, custody, or parenting time proceeding may attend a parent education program without a court order. Unless otherwise ordered by the court, participation in a parent education program must begin within 30 days after the first filing with the court or as soon as practicable after that time based on the reasonable availability of classes for the program for the parent. Parent education programs must offer an opportunity to participate at all phases of a pending or postdecree proceeding. Upon

Parent Education Mandatory Curriculum Topics

1. Resources in the community to obtain additional help or information
2. Overview of judicial process and proceedings (dissolution and paternity cases)
3. Overview of legal issues (dissolution and paternity cases)
4. Overview of the function of the court (dissolution and paternity cases)
5. Alternative for settling custody/visitation disputes (e.g., visitation expeditor, mediation)
6. Legal phases of divorce/paternity proceeding
7. Role of custody study
8. Role of attorney
9. Role of guardian ad litem
10. Role of mediator/mediation
11. Developmental needs/stages of children
12. Impact of divorce/separation/conflict on adults
13. Impact of divorce/separation/conflict on children
14. Dynamics of domestic violence and sexual assault and impact on children
15. Positive communication skills
16. Co-parenting skills
17. Conflict resolution skills
18. Keeping children out of the middle of the conflict
19. Cost of raising a child
20. Emotional and financial responsibilities of parents
21. Coping with personal stress
22. Safety planning
23. Child support issues (obligations/services)
24. Visitation issues (planning and problems)
25. Impact and realities of step families

January 2011 - July 2011

Parents Forever

Education for Families in Transition

Clay County

with an Interactive TV site in Wilkin County

Moorhead Regional Office

218-236-2005 | 888-241-4527

www.co.clay.mn.us/Depts/Extension/ExParFor.htm



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Parents Forever Registration Policies

- Parents are **NOT** permitted to attend the same sessions.
- Please advise the Coordinator if there is someone who cannot be in class with you.
- An administration fee of \$20 will be charged to change registration dates.
- Accommodations will be made for participants with disabilities upon request.
- Materials are available in Spanish upon request.
- Interpreters are available upon request.

Parents Forever Class Locations

Moorhead

Family Service Center
715 11th Street N
Video Conference Room

Breckenridge

Wilkin County Courthouse
300 S 5th Street
Courthouse Room

(via Interactive TV from Clay Co)

January 2011	NO CLASS offered January 2011		
February 2011	Saturday, February 5th - <u>One Day</u> 7:45-5:00 pm		
March 2011	March 7 6:00-9:00 pm	March 14 6:00-9:00 pm	March 21 6:00-9:00 pm
April 2011	April 4 6:00-9:00 pm	April 11 6:00-9:00 pm	April 18 6:00-9:00 pm
May 2011	Monday, May 2nd - <u>One Day</u> 7:45-5:00 pm		
June 2011	June 6 6:00-9:00 pm	June 13 6:00-9:00 pm	June 20 6:00-9:00 pm
July 2011	NO CLASS offered July 2011		



Parents Forever Class Outline

Session I

The Impact of Divorce on Adults

Helps parents understand how divorce impacts them and suggests ways to cope constructively with accompanying stress, anger and conflict. The unit included discussion about the grief cycle, stages of divorce, adult issues vs. children's issues, as well as indicators and effects of abuse and neglect on children and families.

Legal Issues and the Role of Mediation

Offers an introduction to the legal process of divorce. Topics include an overview of the divorce process in Minnesota; an explanation of basic legal terms; and mediation as a choice to make decisions and resolve conflict.

Session II

The Impact of Divorce on Children

Focuses on how divorce effects children and how parents can best help kids through the transition. Topics include developmental needs and age-related behaviors of children and youth when experiencing family transition; children's grief cycle; recognizing your parenting style; strengthening communication skills between parents; and tools for developing a parallel parenting plan.

Session III

Money Issues and Child Support

Helps parents with the emotional, social and economic aspects of living with reduced income as often experienced in family transition. Topics include information about child support; budgeting resources; and how to talk to children about money.

Pathways to a New Life

Explores fundamental steps for divorcing parents to move on with their lives, including letting go of the past; redefining their shared role as parents; effects of new relationships; and developing a new circle of support.

"I really think before I speak now - I wish I would have had the class earlier in my divorce."

-Parents Forever Participant



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Part 2

Co-parenting Your Children

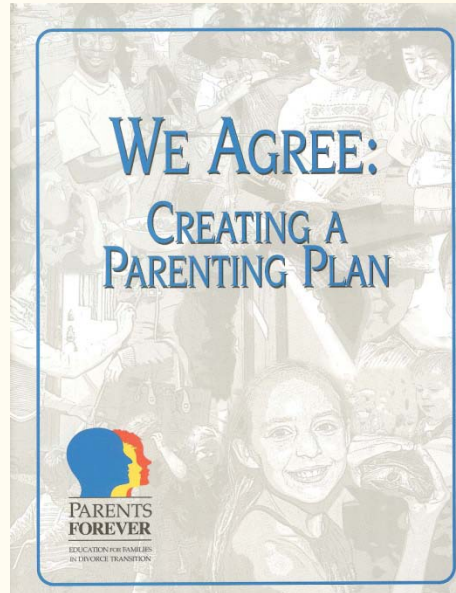
Objectives

- To learn strategies for effective co-parenting
- To understand how parenting style affects the parent child relationship
- To develop strategies for shared parenting
- To understand the value of a parenting plan for co-parenting

Key Topics

- Children's Rights and Parents' Responsibilities
- Building Your Co-parenting Relationship
- Four Approaches to Co-parenting Relationships
- Parallel Parenting
- Co-parenting Is Your Business
- Parenting for Families in Transition
- Parenting Tools
- Strategies for Shared Parenting
- Custody
- Parenting Time: Through Your Child's Eyes
- Parenting Plans
- Conclusion
- Important Information About Our Child

We Agree: Creating a Parenting Plan



For more information on this publication, visit
www.extension.umn.edu/parentsforever/