



Parenting without Conflict by New Ways for Families®

Registration:

<https://NewWays4Families.onlineparentingprograms.com>

New Ways Skills

The skills taught in this course will help you to protect your children from conflict as your family reorganizes during separation and divorce:

- **Flexible Thinking** ~ recognize that there is more than one solution to every problem; learn to make proposals to the other parent in a way that is likely to elicit a positive response back
- **Managed Emotions** ~ learn to manage your emotions (sadness, anger, fear, anxiety) so as to not pass on those feelings to your children
- **Moderate Behaviors** ~ avoid extreme actions that are likely to lead to an extreme emotion or behavior by the other parent
- **Checking Yourself** ~ remind yourself to use these skills during times of stress

Teaching Skills for Resilience

New Ways for Families focuses on helping people learn "new ways" of thinking, feeling and behaving, taking a "no blame, no shame" approach.

12 hour course
\$139.99

Unit 1 – Coping with Stress

Unit 2 – Solving Co-Parenting Problems

Unit 3 – Avoiding Over-Reacting

Unit 4 – Influencing Your Type of Co-Parent

Unit 5 – Extreme Behavior & the Effect on Your Child's Brain

Unit 6 – Raising Healthy Children

Unit 7 – Child Development Goals

Unit 8 – Parenting Schedules

Unit 9 – Using Professionals

Unit 10 – New Partners, New Families

Unit 11 – Handling Financial Issues

Unit 12 – How to Avoid Becoming a High Conflict Case