



North American Learning Institute

Course For Parents

Parent Education and Family Stabilization Course Outline

1. Divorce as a loss
 - a. Causes
 - b. Impact on children
 - c. Impact on parents
 - d. Impact on the family
 - e. Changing relationships
 - f. Grieving process
 - g. The stages of grief
 - i. Denial
 1. How it impacts parents
 2. How it impacts children
 - ii. Anger
 1. How it impacts parents
 2. How it impacts children
 - iii. Bargaining
 1. How it impacts parents
 2. How it impacts children
 - iv. Depression
 1. How it impacts parents
 2. How it impacts children
 - v. Acceptance
 1. How it impacts parents
 2. How it impacts children
 - h. Mental health
 - i. Physical health
 - j. Substance abuse
 - k. Social adjustment

2. Permanency of parental role and shared parenting
 - a. Separate households
 - b. Parental responsibilities
 - i. Provide basic needs
 1. Healthy food
 2. Clean air
 3. Water
 4. Clothing
 5. Sleep
 6. Physical activity/exercise
 - ii. Create a safe environment
 - iii. Provide direction and guidance
 - iv. Give support and motivation
 1. Love
 2. Support
 3. Motivate
 - v. Discipline bad behaviors
 - vi. Encourage education
 - vii. Spend time
3. Developmental stages of childhood
 - a. Infant (0-1)
 - i. Milestones (general)
 - ii. Divorce impact
 - iii. Communication strategies
 - b. Toddler (1-3)
 - i. Milestones (general)
 - ii. Divorce impact
 - iii. Communication strategies
 - c. Preschooler (3-5)
 - i. Milestones (general)
 - ii. Divorce impact
 - iii. Communication strategies
 - d. School age (5-12)
 - i. Milestones (general)
 - ii. Divorce impact
 - iii. Communication strategies
 - e. Adolescent/teenager (12-18)
 - i. Milestones (general)
 - ii. Divorce impact
 - iii. Communication strategies

4. Communicating with children in a divorce situation
 - a. How to talk to kids about divorce
 - b. Love
 - c. Fault
 - d. Spouse vs. parent
 - e. Taking sides
 - f. Why?
 - g. Now what?
 - h. Listen
 - i. Respond
 - j. Follow up
5. Communicating with the other parent
 - a. Anger
 - i. Dealing with anger
 1. Strategies for dealing with anger
 - a. Professional therapy
 - b. Talk to a friend
 - c. Physical exercise
 - d. Write about it
 2. Avoiding angry exchanges
 - b. Setting the stage for effective communication
 - i. Ground rules
 - c. Communicating in front of the children
 - d. Mediation
 - i. Preparing for mediation
 1. What to bring to mediation
6. Abuse
 - a. Victims
 - b. Types of abuse
 - i. Verbal
 - ii. Physical
 - iii. Emotional
 - iv. Financial
 - v. Sexual
 - c. Child abuse
 - d. Child neglect
 - e. Reporting child abuse/neglect
 - f. Abuse resources

7. Legal concepts
 - a. Not legal advice disclaimer
 - b. Family law principles
 - c. Shared parental responsibility
 - d. Best interest of the child
 - e. Primary and secondary residential parent
 - f. Visitation
 - g. Child support
 - h. Mediation
 - i. Final judgment
8. Parenting time
 - a. Planning for involvement
 - i. Communication
 - ii. Inconvenience
 - iii. Sacrifice
 - b. Schedules of the children
 - c. Parental schedules
 - d. Special events
 - e. Holidays
 - f. Vacations
 - g. Visitation
 - h. Build the shared calendar
 - i. Share the schedule
 - j. Other considerations
9. Resources
 - a. Community
 - b. Legal
 - c. Mental health
 - d. Abuse and violence
 - e. Substance abuse
 - f. Parental