

# Parent Education

INDIANA PARENTING INSTITUTE  
*Co-Parenting After Separation - Seminar*

## Co-Parenting after Divorce or Break-Up

After a separation or divorce, the role of a spouse or partner ends but the role of parent does not. Co-parenting means both parents play an active role in the children's day-to-day life. The key to successful co-parenting is how well the parents function.

This research-based skill-building seminar helps parents manage the impact of separation and divorce on self and children. This course provides offers key information and strategies to help all members of the relationship adjust successfully to the separation or divorce.

### Course Covers:

- Partner/spouse reaction to separation
- Adjustment processes when families separate
- Reactions of children to separation
- Children's need for positive parenting
- Key ways parents can help children adjust
- Communication with children pre and post separation
- Disciplining as co-parents
- Developing and establishing a working co-parenting relationship
- Collaborative decision making and setting ground rules
- Establishing a parenting plan
- Moving on gracefully and with a plan of action

When:	<b>Tuesday</b>	Time: 12:00p to 1:30p Duration: 6 weeks
Where:	<b>Indiana Parenting Institute 839 Broadway, Room 96-LL, Gary, IN</b>	<b>Open to parents with children age 0 to 18 years</b> <i>ADVANCE REGISTRATION REQUIRED 3 BUSINESS DAYS BEFORE SEMINAR. REGISTER ONLINE OR BY MAIL.</i>
Contact:	<b>219-886-1111 or email <a href="mailto:ipi@indianaparentinginstitute.org">ipi@indianaparentinginstitute.org</a> for further information</b>	

OK to bring your own lunch.