

## Common Sense Parenting for divorced or separated caregivers

Supplemental information added to the Common Sense Parenting curriculum.

### Session 1: Parents are Teachers

- Effective discipline
- Describing children's behaviors
- Using Consequences
- How divorce or separation can affect children at different ages

### Session 2: Encouraging Good Behavior

- Giving kid reasons
- Using effective Praise
- What is parallel parenting and when to use it
- What is co-parenting and when to use it

### Session 3: Preventing Problems:

- Teaching social skills to children
- Using preventive teaching to set children up for success
- Setting up your parenting plan for your children to succeed

### Session 4 : Correcting Problem Behaviors:

- Staying Calm
- Using Corrective Teaching to stop problem behaviors and teach alternative, desired behaviors.
- How to cope with disagreements in co-parenting

### Session 5: Teaching Self-control:

- Developing a safe home plan
- Using teaching self-Control when children are not cooperating

### Session 6: Putting it all together

- Holding family meetings
- Establishing family routines and traditions
- Working with a parenting plan
- Resources for co-parenting