

## **Successful Co-Parenting After Divorce Transcript**

### **A Toolkit for Parents and Professionals**

**Craig Stanley:** Hi, I am Craig Stanley.

**La Tonya Noel:** And I am La Tonya Noel.

**Craig Stanley:** And we are from the College of Social Work at Florida State University. Welcome to our training on successful co-parenting.

**La Tonya Noel:** We congratulate you on your willingness to become a better parent. By the way, that is what every parent wants to be. A better parent.

**Craig Stanley:** What you're going to learn in this training is how to work together to effectively co-parent for the sake of your children. Now this may sound difficult, but we are going to provide you with skills to guide you along the way.

**La Tonya Noel:** Divorce can be difficult for everyone involved and even stressful. But, through this training you will learn how to alleviate that stress which will ultimately be better for you and your children.

**Craig Stanley:** And we are teaching co-parenting because everyone in your family has a right to move forward and you can play a big role in helping them do that. Research has also demonstrated that parents can effectively learn co-parenting techniques.

**La Tonya Noel:** As long as there is no abuse or neglect in the home or the family, Craig is right. Anyone can learn these skills.

**Craig Stanley:** You need to know that co-parenting can bring monumental benefits to your children's lives. They are going through a very difficult time right now and they need you more than ever and you can be there for them with co-parenting.

**La Tonya Noel:** Co-parenting helps children not feel torn but instead it allows them to build healthy relationships with both of their parents.

**Craig Stanley:** Co-parenting can help children not feel abandoned, it can promote family stability.

**La Tonya Noel:** Additionally, it helps children to not feel the burden to meet their parent's social and emotional needs, instead it just allows them to be kids.

**Craig Stanley:** Research has demonstrated that children that have been exposed to co-parenting, have an overall better level of adjustment, they function better on an emotional stability level, that they do better in an academic setting, and that they demonstrate higher amounts of psychological well-being. Doesn't that sound great?

**La Tonya Noel:** Every parent has strengths, and this training will build on these strengths to make you a better a co-parent.

**Craig Stanley:** So how do you know co-parenting when you see it? Well co-parenting involves four principles. First, children have good relationships with both parents. Second, both parents are involved to meet their children's needs.

**La Tonya Noel:** Thirdly, parents try not to argue but if they do, never in front of children. Finally, parents never place children in the middle of their conflicts. This toolkit will teach you healthy communication strategies, collaboration, compromise, how to be consistent, and conflict resolution.

**Craig Stanley:** And just wait until you see our resource section. It has incredible links to both national and community resources, faith-based resources, and a variety of educational materials that can assist you.

**La Tonya Noel:** But it will be up to you to implement those strategies on a daily basis.

**Craig Stanley:** We wish you well as you move forward in this process.

**La Tonya Noel:** We know that you will succeed.