Evaluation of UW-Extension’s Co-Parenting Class

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Executive Summary

In the summer of 2017, a group of University of Wisconsin Extension (UWEX), Family Living Educators requested that the Survey Research Center (SRC) at the University of Wisconsin at River Falls assist them with the analysis of two sets of data pertaining to a co-parenting course offered throughout the state. One data set, here-after referred to as Form-A, consisted of evaluations of the course completed by participants at the end of the course. There were 1,458 useable evaluations in this dataset. The second data set, referred to as Form-B, included 171 useable responses completed by participants one to two months after they had completed the course. Both datasets were collected during 2016.

The goals of this evaluation are to determine:

- the degree to which the co-parenting course altered participants’ intended behavior in positive ways
- the extent to which the program was more or less effective with subgroups of participants (e.g. men versus women, those attending the workshop voluntarily vs. those required to attend, the degree of tension with the co-parent, etc.)
- if participants reported changes in their behavior, if they attributed those changes to the course and if those changes persisted after the course was over

Form-A Summary

The typical participant in the co-parenting course was:

- someone who had been divorced (Figure 1)
- about equally likely to be male or female
- likely in his/her 30s (Table 1)
- co-parenting one or two children (Figure 2)
- previously married or partnered with their co-parent (Figure 3)
- in that relationship for an average of about 10 years (Table 2)
- recently divorced (Table 3)
- on reasonable terms with their co-parent (Figure 4)
- taking the course because a court was requiring it
- most likely to live in the eastern portion of the state (Table 4)

Form-A respondents indicated the extent to which they expect the co-parenting class to affect the following behaviors (Table 5):

- I will make a stronger effort to work with my child’s other parent
- My child’s other parent and I are likely to argue in front of our child even more than before
- I will keep my emotions in check while talking with my child’s other parent
- I will avoid asking my children about their other parent’s relationships
- My child’s other parent and I will develop a plan for things like our child(ren)’s holiday schedule
- I will ask my child to carry a message to their other parent
• I will say positive things to my child about their other parent
• I will avoid raising my voice with my child’s other parent when in front of the children
• I am more likely to cooperate with my child’s other parent on parenting issues

More than 90% of the Form-A respondents reported their co-parenting behavior would improve because of the class for all but one of these behaviors (Figure 5). The sole exception was with respect to reducing the amount they argue with their co-parent in front of their children; 14% of the respondents disagreed (9%) or strongly disagreed (5%) that the class would diminish this behavior. However, one interpretation of this result is that if the respondent never argued with their co-parent in front of the children before the class, the class couldn’t reduce this behavior.

The self-assessed likelihood of adopting more positive behaviors toward their co-parents was quite high; since most did not attend the class voluntarily, this result is particularly impressive.

Women were significantly more likely than men to say they will avoid asking their child about their co-parent’s relationships, will refrain from using their child to deliver messages to their co-parent, and will say positive things about their co-parent.

Participants who reported little or no friction with their co-parent, compared to those with more difficult relationships, were significantly more likely to say they expect to argue less, keep their emotions in check, develop a plan for their child’s holidays, make positive comments, and cooperate on parenting issues with their co-parent.

Those who had been in a relationship with their co-parent for a shorter period of time and those more recently divorced were more likely to report positive behavioral changes than their counterparts. This may be because they had not built patterns of negative relations with their previous partner.

For whatever reason, parents attending the co-parenting class in the Southwestern Extension District were less likely to expect their behavior toward their co-parent to improve (Table 6).

Very high proportions of respondents said the co-parenting class was worth their while (93%) and should be required for divorcing or separating parents (90%) (Figure 6).

Nearly all the participants said the information provided by the co-parenting class was either very (56%) or somewhat (41%) useful (Figure 7). Roughly one-third or more of the respondents said they did not access co-parenting information from books or magazines, the internet, a lawyer or mediator, or individual counselors.

There were an extraordinary number of responses to two open-ended questions. There were, for instance, 907 responses describing one thing they plan to do differently because of the class (Table 7). Many of these comments focused on a variety of techniques for improving communications and on the need to constantly keep the interest of their children in mind as they negotiate co-parenting challenges. When asked if they had anything else to say, many responded with positive feedback about the teachers, materials, and other aspects of the course (Table 8).
Form-B Summary

One to two months after the co-parenting class ended, participants were asked to complete a second evaluation of the program (Form-B). This second evaluation included 171 useable responses.

The profile of those completing Form-B was similar in most ways to those in the initial evaluation (Form-A):

- Most had been divorced (Figure 8)
- A higher proportion were women (63% for Form-B compared to 53% for Form-A)
- The age distribution was similar; the average age was 1 year older than in Form-A (Table 9)
- Most were co-parenting one or two children (Figure 9)
- A high proportion had been married/partnered with their co-parent (Figure 10)
- Most had been involved with their co-parent for many years, a median of 11 years or one year longer than Form-A participants (Table 10)
- Substantially more time had passed since Form-B participants had filed for divorce; 11 months versus 7 for Form-A (Table 11)
- A large majority had little or no conflicts with their co-parent (Figure 11)
- Almost all Form-B respondents had been required by the courts to take the co-parenting class
- A majority of respondents took the course in the Eastern UWEX District (Table 12)

Respondents were asked to assess the frequency of the following behaviors before taking the co-parenting class and after the class:

- The child’s other parent and I argue in front of our children
- I talk with my child about problems I’m having with their other parent
- I keep my emotions in check when talking with the other parent
- I say positive things to my child about their other parent
- I ask my child(ren) to take messages to their other parent

Parents felt that, after the class, they argued with their co-parent significantly less often, less frequently talked with their child about problems they were having with the other parent, were better able to keep their emotions in check and more frequently said positive things about their co-parent (Table 13). The difference in the average values for these behaviors before and after the class are highly significant. There was no improvement in the frequency parents were sending messages to their co-parent via their child, but this practice was not widespread prior to the class according to respondents.
These results indicate that the co-parenting class had a significant impact on most of these behaviors and that these improved modes of behavior were persisting one to two months beyond the end of the class.

Only 41% of the Form-B respondents reported that they had developed a written plan with their co-parent (Figure 12). Those whose relationship with their co-parent was characterized by shouting or physical contact were significantly less likely to have developed a written parenting plan.

Responses to an open-ended question asking what behavior the participant had changed since the class indicate that many have changed the way they talk to their co-parent, that their relationship with the co-parent had improved, and they are more careful about what they say in front of their children and how it is said (Table 14). When asked if they had anything else to say about the co-parenting class, 36 participants offered positive feedback, but 25 of the 70 provided negative feedback or suggestions (Table 15).

The evidence all supports the conclusion that the co-parenting class has had a positive impact on participants and, through them, on the children they co-parent.
Evaluation Overview

In the summer of 2017, a group of University of Wisconsin Extension (UWEX), Family Living Educators requested that the Survey Research Center (SRC) at the University of Wisconsin at River Falls assist them with the analysis of two sets of data pertaining to a co-parenting course offered throughout the state. One data set, here-after referred to as Form-A, consisted of evaluations of the course completed by participants at the end of the course. There were 1,458 useable evaluations in this dataset. The second data set, referred to as Form-B, included 171 useable responses completed by participants one to two months after they had completed the course. Both datasets were collected during 2016.

Participants completed a paper version of the survey that was subsequently entered into an online version of the survey. A potential issue is that there were a number of instances in which the order of responses in the paper version did not align with the online version. For example, participants were asked, “If you were married or partnered, was it for more than one year?” In the paper version of the survey the first answer option was “no” and the second was “yes.” In the online version, “yes” was the first option and “no” the second. Based on conversations with members of the family living team and the pattern of responses, the SRC believes the data were entered correctly. But, we cannot rule out the possibility that some data were entered incorrectly.

The goals of the evaluations were to determine:

- the degree to which the co-parenting course appears to have altered participants’ behavior in positive ways
- the extent to which the program was more or less effective with subgroups of participants (e.g. men versus women, those attending the workshop voluntarily vs. those required to attend, the degree of tension with the co-parent, etc.)
- if participants attributed changes in their behavior to the course and if those changes persisted after the course was over

Form-A Results

Profile of Form-A Participants

Participants were asked a number of questions about themselves and what led to their being in the class, including:

- the reasons for taking the class
- their age
- their gender
- how many children they have
- the nature of the relationship that produced their children
- how long the relationship with their co-parent lasted and how long it had been since that relationship ended
- whether they were required to take the course
- the level of conflict with their co-parent in the last month
Figure 1 indicates that a large majority of participants were in the course because of a divorce. A majority of responses in the “other” category said they were in the workshop because a court ordered them to participate.

![Figure 1: Reasons Participants Were Asked to Take Class, 2016](image)

Participants were fairly evenly split between men (672 or 47%) and women (760 or 53%).

The average (and median) age of participants was 36 and Table 1 further substantiates that the age distribution is quite symmetrical.

<table>
<thead>
<tr>
<th>Count</th>
<th>20 or Less</th>
<th>21 - 30</th>
<th>31 - 40</th>
<th>41 - 50</th>
<th>51 - 60</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>1358</td>
<td>1%</td>
<td>25%</td>
<td>46%</td>
<td>22%</td>
<td>5%</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

Nearly three-quarters of the participants had one or two children (Figure 2).

![Figure 2: Number of Participants' Children, 2016](image)
Figure 3 indicates that the vast majority of the co-parenting course participants had been either married to or living with the other parent. Further, 95% said that they had been in a relationship with their co-parent for more than a year. The average number of years the respondent had been in a relationship with their co-parent was 10.6 years with a median of 10 years. As Table 2 indicates, the duration of participants’ relationships was fairly symmetrical about the mean with only a slight skew to the right (longer duration). As one might expect, there is a positive and statistically significant relationship between the length of the participants’ relationship and the number of children they reported having.

![Figure 3: Nature of Relationship with Other Parent, 2016](image)

<table>
<thead>
<tr>
<th>Table 2: Number of Years of Relationship with Co-Parent, 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Count</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>1261</td>
</tr>
</tbody>
</table>

Of the 1,072 who reported being divorced, on average they had filed for divorce about seven months prior to the course. Table 3 indicates, however, that more than 80% of respondents had filed for divorce within the previous six months. The average is affected substantially by a relatively few respondents who had filed for divorce more than 4 years prior to the course; several had filed more than 10 years ago (120+ months).

<table>
<thead>
<tr>
<th>Table 3: Months Since Divorce Filed with the Court, 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Count</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>1072</td>
</tr>
</tbody>
</table>
Course participants were asked to characterize the level of conflict they’d had with their co-parent over the preceding month with answer options of:

- little or no conflict
- some regular but minor disagreements and upset
- we have raised our voices, shouted at each other or made accusations
- there have been threats, rough grabbing or hitting

Figure 4 shows that one-third reported little or no conflict and another third or slightly more reported relatively minor amounts of conflict. However, about one in four said there had been raised voices and another 5% reported threats or physical altercations. Women reported significantly more intense conflicts with their co-parent than men. For example, women were four times as likely to report threats or physical altercations in the preceding month than were men (8.5% for women vs. 2% for men).

Finally, virtually all of the participants (95%) said they had been required by the courts to take the co-parenting course.

As noted in the introduction, UWEX Family Living County Educators from around the state gathered these co-parenting workshop data. Table 4 shows that more than half of the respondents came from the Eastern district and relatively few responses (25) came from the Northeast. In the analysis to follow, we will identify significant differences across Extension districts.

<table>
<thead>
<tr>
<th>Table 4: Respondents by UWEX District</th>
</tr>
</thead>
<tbody>
<tr>
<td>Count</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>1454</td>
</tr>
</tbody>
</table>

1. Includes data from Ashland, Barron, Bayfield, Chippewa, Pierce, Polk, Washburn
2. Includes data from Juneau, Marquette, Oneida
3. Includes data from Calumet, Fond du Lac, Kewaunee, Manitowoc, Outagamie
4. Includes data from Columbia, Crawford, Grant, Iowa
Form-A Behavioral Outcomes

A key portion of the evaluation questionnaire asked parents to indicate the degree to which they agree or disagree that they will change behaviors associated with co-parenting. The specific set of questions asked, “As a result of this class:

- I will make a stronger effort to work with my child’s other parent
- My child’s other parent and I are likely to argue in front of our child even more than before
- I will keep my emotions in check while talking with my child’s other parent
- I will avoid asking my children about their other parent’s relationships
- My child’s other parent and I will develop a plan for things like our child(ren)’s holiday schedule
- I will ask my child to carry a message to their other parent
- I will say positive things to my child about their other parent
- I will avoid raising my voice with my child’s other parent when in front of the children
- I am more likely to cooperate with my child’s other parent on parenting issues

The second and sixth questions were framed such that a “strongly disagree” response is the most positive and desired. To facilitate this discussion and enable the authors to calculate a meaningful overall average response, we flipped the response values for these two questions; a value of 1 (strongly disagree) became a 4, a 2 (disagree) became a 3 and so on.

In Figure 5 (next page), shades of red show the proportion who disagreed that the class is likely to change their behavior and green those who felt the class will change their behavior. The darker the color, the more strongly held the respondent’s opinion. Figure 5 indicates that for all but one of the behaviors, more than 90% of the Form-A respondents agreed or strongly agreed that their co-parenting behavior will improve because of the class. The sole exception is with respect to reducing the amount they argue with their co-parent in front of their children; 14% of the respondents disagreed (9%) or strongly disagreed (5%) that the class would diminish this behavior. However, one interpretation of this result is that if the respondent never argued with their co-parent in front of the children before the class, they couldn’t reduce this behavior.

We also calculated the overall average value across all nine behaviors for each respondent. The overall average was 3.47, or almost exactly between agree and strongly agree.

All of these results indicate that the participants’ self-assessed likelihood that they will adopt more positive behaviors toward their co-parent as a result of this class is quite high. This is particularly impressive given that, as noted, a very high proportion of those in the class were not there voluntarily.
We also looked at the extent to which different demographic groups responded to these behavioral questions in statistically significantly different ways. Statistically significant differences were determined using T-Tests and we report differences at the 5% level (meaning that there is only a 5% probability that the observed differences in averages is not real rather than a statistical fluke) and the 1% level (meaning there is only a 1% chance that the observed differences in averages are not real). We looked at the following groupings:

- Men versus women
- Those required by a court to take the course versus those there voluntarily
- Those who’ve experienced shouting or threats/physical roughness versus those who’ve had little conflict or only minor disagreements
- Those who were with the other parent for less than 10 years (the average duration of a relationship) versus those with a relationship that lasted 10 years or more
- Those who’d filed their divorce papers 6 months or less prior to the class versus those who’d filed more than 6 months prior
- Those who are 36 (the average age) or younger versus those older than that

Table 5 identifies the instances in which we found statistically significant differences in intended behavior across these demographic groups.
With respect to gender, women were significantly more likely to say that, because of the co-parenting class, they will avoid asking their child about their co-parent’s relationships, will refrain from using their child to deliver messages to their co-parent, and will say positive things about their co-parent.

Those who attended the co-parenting class voluntarily, compared to those in the course because of a court order, were significantly more likely to say they won’t ask their child about their co-parent’s other relationships.

The largest number of significant differences across demographic groups with respect to these behaviors was the level of friction they’d experienced with their co-parent in the preceding month. As noted, we split the respondents into those who’d had few or only minor issues versus those who’d experienced shouting matches or physical altercations. Compared with those who had more extreme confrontations with their co-parent, those who had few or minor conflicts were significantly more likely to say that because of the class they:

- Will argue less with their co-partner
- Will keep their emotions in check when talking with the other parent
- Will develop a plan for things like the child’s holidays
- Will make positive comments about the other parent
- Will cooperate with the other parent on parenting issues

Those with lower levels of confrontations with their co-parent also had a significantly higher average level of agreement across the nine behaviors. This indicates that the course had a greater impact when the relationship between co-parents had not become toxic.

The authors thought that the longer the relationship that produced the child(ren) and the more time that had passed since divorce papers had been filed, the more the participant might be likely to agree to change counterproductive patterns of behavior. This proved not to be the case. In comparing those who reported their relationship with their co-parent had lasted for 10 years or more to those with shorter-term relationships, we found that those with shorter relationships were significantly more likely to say they intend to:

- refrain from asking about the other parent’s relationships
- refrain from sending messages to the other parent via their child
- make positive comments about the other parent.

In terms of the number of months since divorce papers had been filed, those who’d filed less than 6 months prior to the class were more likely to say they will try to work with the other parent, plan holidays for their kid(s) and to cooperate on parenting issues.

Perhaps these results are because those with shorter-term relationships and more recent divorces had not built patterns of negative relations with their previous partner.

We found no statistically significant differences between those under or over 36 years of age in terms of these nine behaviors.

We found a substantial number of statistical differences in intended behavior across Extension Districts. The primary conclusion is that those attending the co-parenting workshop in the Southwestern district tended to report a lower likelihood of changing their behavior across many of the factors about which they were asked. In Table 6 we’ve reported the percent who said that it is “very likely” that they will change their behavior in a given way because of the class. If there is a statistical difference between responses in the Southwest compared to the other districts at the 5% level, there is an asterisk after the behavior and the percentage is bolded. If there is a statistical difference at the 1% there are two asterisks and are in bold.

In all cases in which there is a significant difference, students in the Southwest lagged those in other districts. Parents in the Southwest were significantly less likely than parents in other parts of the state to agree that they expect to work with the other parent, to keep their emotions in check when talking with the other parent, to make positive comments about the other parent’s relationships, to avoid asking their child about the other parent’s relationships, to avoid asking about the other parent’s relationships, to make positive comments about the co-parent, avoid raising their voice with the other parent when the kids are present, and to cooperate with the co-parent on parenting issues.

We tested to see if those attending the program in the Southwest had more difficult relationships with their co-parent, if a higher proportion were there because of a court order, if a higher
proportion of males attended, or if there was a difference in the type of relationship breakdown they’d experienced (e.g. divorce vs paternity). Those in the Southwest were actually somewhat less likely to have a relationship with their co-parent that had recently involved shouting or physical confrontations. A significantly higher proportion did say they were there because of a divorce (rather than paternity or “other”). It should be noted that, for the most part, the distinction between the Southwest and the other districts is the strength of the likelihood of changed behavior. If one looks at the proportion of respondents who said it was either “likely” or “very likely” to change (rather than just those very likely to do so), we see similar proportions across the four districts.

| Table 6: Percent “Very Likely” to Practice Behavior with Co-Parent Because of Class by Extension District, 2016 |
|-------------------------------------------------|----------------|----------|----------|-----------|
| Try Work with Other                             | Northwest | Northeast | East     | Southwest |
| Argue Less                                      | 52        | 44        | 61       | 40**      |
| Control Emotions                                | 46        | 50        | 57       | 37**      |
| Don’t Ask about Other’s Relations               | 59        | 65        | 62       | 53*       |
| Plan Holidays                                    | 48        | 46        | 52       | 47        |
| No Messages via Child                           | 68        | 75        | 65       | 65        |
| Positive Comments                               | 54        | 62        | 54       | 38**      |
| Avoid Shouting                                  | 70        | 86        | 68       | 53**      |
| Cooperate with Other                            | 47        | 39        | 48       | 37**      |

* = Significant at the 5% level
** = Significant at the 1% level

The course evaluation included two other indicators of participants’ overall satisfaction. Participants were asked:

- Overall, the program was worth my time (yes or no)
- I think the program should be required for divorcing or separating parents (yes or no)

As Figure 6 (next page) indicates, by overwhelming margins, respondents felt the course was worth their time (93% agreed) and that it should be required of divorcing or separating parents (90%).

With respect to how different demographic slices assessed the worth of the course:

- Though large proportions of both genders felt the program was worth their while, women (94%) agreed in significantly higher proportions than men (91%)
- Those who attended voluntarily were unanimous (100%) in agreeing the course was worth their time, which was significantly higher than those ordered to take the course by the court (93%). Despite this, it is remarkable that 93% of those who were in the course because of a court order still found the program worth their while.
- Probably not surprisingly, those who rated the co-parenting information as very useful were significantly more likely to say it was worth their time (99% of those who said the
Co-parenting course information was very useful said it was worth their while vs. 85% who rated the information as somewhat useful or worse)

With respect to whether the course should be required for divorcing or separating parents, those who said the information provided in the class was very useful were more likely to say the course should be required (96% vs. 83% who rated the material as somewhat useful or less).

![Figure 6: Was Program Worth the Time and Should It Be Required, 2016](image)

Co-Parenting Information Sources

Respondents were asked to rate the usefulness of information on co-parenting that they get from relatives, friends, their lawyer/mediator, individual counseling, books/magazines, the internet and Extension’s co-parenting class. Answer options were: not used, not useful, somewhat useful, or very useful.

Substantial proportions of respondents said they did not get co-parenting information from books or magazines (38%), the internet (31%), a lawyer or mediator (31%) and individual counseling (41%). In contrast, only 9% said they didn’t get such information from friends, 10% from relatives, and 3% from the UWEX co-parenting class. In Figure 7 (next page), we excluded the proportion who did not use a given source of co-parenting information.

More than half the respondents said that the information provided in UWEX’s Co-Parenting class was “very useful” and another 41% said it was somewhat useful. As noted above, only 59% of the participants said they use individual counseling, but Figure 7 indicates that those who do, tend to view information received in these sessions to be useful. Approximately one-third of respondents said that co-parenting information received from relatives, lawyers/mediators, or friends had been very useful. Slightly fewer than one in five said information from books or magazines or the internet was very useful.
In terms of differences across different demographic groups:

- **Relatives** were more useful for those under 36 years of age, those who’d been in a relationship for less than 10 years, and those reporting a high level of conflict with their co-parent (threats or physical contact).
- **Friends** were rated as more useful by women and those with a high level of conflict with their co-parent.
- **Lawyers/Mediators** were rated more highly by those with a high level of conflict with their co-parent and those attending the class in UWEX’s Eastern district.
- **Individual Counselors** were rated more highly by women, those with a high level of conflict with their co-parent and those not attending because of a court order.
- **Books/Magazines** were more useful sources of information for women, those with a high level of conflict with their co-parent, those not attending because of court order and those in UWEX’s Eastern district.
- **Internet** sources were more useful to women and those not attending because of a court order.
- **Co-Parenting Class** was rated as LESS useful by those required to be there by the court and those attending in the Eastern district.

![Figure 7: Usefulness of Information from Various Sources, UWEX Co-Parenting Class Participants, 2016](chart.png)
Open-Ended Comments Form-A

Form-A had two open-ended questions:

- Please describe one thing you plan to do differently because of this class?
- Is there anything else you’d like to tell us?

Both questions generated a large number of responses; 905 described something they intend to do differently and 474 had something else they wanted to impart. There were quite a few similarities in the responses to these two questions.

Plan to Do Differently. It was challenging to place the 905 comments into distinct categories because many of the categories are closely related or overlapping. For instance, some of the items in the “Focus on Children” category contained elements of “Communication” and, essentially, all the “Use ‘I’ Messages” were about “Communication.” Within many of the categories in Table 7, we created sub-themes. For instance, the Focus on Children includes sub-themes of Put the Children First/Not in the Middle, Feelings/Emotions, What and How Things are Said in Front of/to the Children, Spend More Time with Children/Be There for the Children, I Will Take My Children More, Be Aware of and Support Child’s Needs, Conflict, and Miscellaneous. The biggest subcategory under Focus on Children was being aware of and supportive of their children’s needs. Some examples of comments in this subcategory include:

<table>
<thead>
<tr>
<th>Table 7: Plan to Differently Comments – Form A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plan Do Differently</td>
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<tr>
<td>Focus on Children</td>
</tr>
<tr>
<td>Communication</td>
</tr>
<tr>
<td>Interactions with Co-Parent</td>
</tr>
<tr>
<td>Personal Actions</td>
</tr>
<tr>
<td>Use “I” Messages</td>
</tr>
<tr>
<td>Improve Listening Skills</td>
</tr>
<tr>
<td>Nothing to Add</td>
</tr>
<tr>
<td>Suggestions/Negative Feedback</td>
</tr>
<tr>
<td>Positive Feedback</td>
</tr>
<tr>
<td>Miscellaneous</td>
</tr>
</tbody>
</table>

Focus more on keeping his life as normal as possible.

I plan to help my children understand more about things about life and other aspects and get involved in things more.

Really take the time to focus on the kids’ well-being. By putting my stuff aside, spending time developing good/better communication skills.

Will try to stay positive around my child, try to keep things in the best interest for my child.

We also placed fairly large numbers of comments in the “Feelings/Emotions” and “What and How Things are Said in Front of the Children” subgroupings. Examples of comments from those categories include:
Be more attentive of my kids’ feelings

To learn when I am getting angry or stressed! Remember it’s not about me, it’s about the kids.

Be more careful around the kids - when on the phone and they are within ear shot.

Talk privately with ex-spouse, not near kids.

In terms of communications, two key subcategories included efforts to communicate better and communication strategies/approaches. Examples of comments from these categories included:

I need to learn to co-parent and communicate better. This class has given me the tools to do so, that way I can give my son the life he deserves.

Definitely improve communication strategies. Most disagreements were entirely unnecessary.

I plan to try to communicate more and more civilly and with less negative emotion. I plan to choose my emotions and not let their dad’s actions dictate how I feel so I can act more in the best interest of my children.

Start communication log. Don’t assume the worst or that someone is trying to hurt you.

In terms of the Interactions with Co-parents, many of the comments spoke to a goal of improving relations, communication and/or cooperation with their former partner/spouse. Examples:

Reevaluating the possibility of friendship after divorce. Working towards it instead of away.

Be more intentional about discussing co-parenting issues.

To create an organized schedule/parenting plan for our kids so that everything is easier for everyone.

Personal Actions, as is true with many of these categories, included a number of ideas that could place the comment elsewhere, but these seemed to focus more on the respondent taking personal responsibility for moving the co-parenting relationship in a positive direction. For instance:

How I word things when referring to children's needs.

I plan to take care of myself better to improve my overall well-being and to be a better parent to my girls.

I practice to be positive...there's always a solution or compromise. Never give up!!
The “I” message category all focus on the technique of using I instead of you in their interactions with their co-parent.

Readers are encouraged to skim the comments regarding what class participants hope to do differently that are compiled and categorized in Appendix A.

Anything Else to Say. Of the 474 responses to this question, about one-third were expressions of gratitude and other forms of positive feedback (Table 8). Respondents appreciated the quality of the instructors and the information provided. Some said they appreciated the non-judgmental way in which the information was provided and the sense they drew from the class that they were not alone or unique in their co-parenting challenges.

The comments in the “Focus on Children” category included a number of comments recognizing that children have to come first in a co-parenting situation, that they shouldn’t be placed in the no-man’s-land between warring parties, and that conflict has negative consequences for children. Comments included in this category included:

*Impact of divorce on the various age groups, and how they process what’s going on. The need to understand this, nail down routine, and set consistency with the parenting system including day care. Was expecting a stale sponsored, half-bored mandatory class. I was positively surprised with the format, expertise, and knowledge shared. Nice work.*

*Kids come first, don’t put them in the middle.*

Suggestions to improve the class included some focused on the classroom environment (some couldn’t hear over the air conditioner or had concerns about the lack of daycare, for example), some on the pace and timing (too rushed, more or shorter sessions), and some on substance (too basic, too negative). Some felt that the class should not be required. Examples include:

*I agree to show some of the bad scenarios, but I think it would help to also show some examples of how cases go well too.*

*The class stereotyped old school Wisconsin thinking "merry mom," Disney dad.” All testimonies were with mothers saying they had the kids during the week and they visited dad. Please update as this offends me and other dads that are fully capable and have kids full time where they "visit" mom. Thank you!*
Filing fees and $30 cost, cost of divorce seems like a punishment and adds stress to an already stressful situation -- practice compassion and reduce these costs!!

Readers are encouraged to read the full set of suggestions and negative feedback comments; there are a number of relatively small, but potentially important improvements that could result.

The category Relationship/Interactions with Co-Parent” ranged from the negative, to the hopeful, to the dismissive. Examples include:

He refuses to talk to me, he texts negative things to my son on cell phone, some isolation of child from mom, trying to mend this. When they talk about technology, it'd be great to note that parent - in messaging, should not use phone as a special tool that cannot be seen by other parent or to isolate child from other parent.

Try to work with other parent as much as possible.

I feel like my ex-husband and I have been doing great prior to this class. It was nothing new.

The complete set of comments to this question are included in Appendix A.
Form-B Results

Profile of Form-B Participants

As was true with the Form-A respondents, the predominant reason Form-B participants took the co-parenting class was because of divorce (Figure 8). However, the 70% of Form-B respondents who said they attended because of a divorce is significantly lower than the 81% of Form-A participants. As with “Other” responses to Form-A, most Form-B respondents who selected “Other” said they were there because of court requirement.

![Figure 8: Reasons Follow-Up Participants Were Asked to Take Class, 2016](image)

Nearly two-thirds of Form-B respondents (106 or 63%) were women. Form-A respondents were more evenly split between women (53%) and men (47%). In our Form-A analysis we found women were significantly more likely to agree they would change some of their behaviors (avoid asking their child about their co-parent’s relationships, refrain from using their child to deliver messages to their co-parent, and say positive things about their co-parent). The predominance of women in the Form-B dataset likely introduces some bias.

The mean (and median) age of Form-B participants was 37, or about one-year older than Form-A participants. This difference is not significant. The age distribution of Form-B participants, as shown in Table 9, is fairly symmetrical about the mean.

<table>
<thead>
<tr>
<th>Table 9: Age of Form-B Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Count</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>167</td>
</tr>
</tbody>
</table>
The average number of children was significantly smaller for Form-B participants than for Form-A participants. Eighty-one percent of Form-B respondents said they had two or fewer children (Figure 9); the comparable figure for Form-A was 74%.

More than 90% of Form-B respondents were either married (80%) or unmarried but living together (13%). Compared to Form-A respondents, there was a slightly higher proportion who said they’d never been a couple and were a couple but didn’t live together. Differences in the nature of the parents’ relationship between Forms A and B are not statistically significant.
The average number of years Form-B participants had been in a relationship with their co-parent was 11.5 years with a median of 11 (Table 10). These are about one year longer than Form-A participants. The number of years Form-B participants were in a relationship with their co-parent, as with Form-A participants, is slightly skewed to the right.

<table>
<thead>
<tr>
<th>Count</th>
<th>Under 1 Year</th>
<th>1 Year</th>
<th>2 - 5 Years</th>
<th>6 - 10 Years</th>
<th>11 - 15 Years</th>
<th>16 - 20 Years</th>
<th>21 - 30 Years</th>
<th>31 - 40 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>159</td>
<td>1%</td>
<td>0%</td>
<td>23%</td>
<td>26%</td>
<td>19%</td>
<td>22%</td>
<td>8%</td>
<td>1%</td>
</tr>
</tbody>
</table>

The average number of months since Form-B respondents had filed for divorce was about 11 months; for Form-A respondents, the average was only 7 months. Comparing Tables 3 (Form-A) and Table 11, we see that the biggest change is a shift between those who reported filing 1-3 months ago and those reporting filing 4-6 months ago. For Form-A, nearly half (48%) reported having filed for divorce 1-3 months prior to the class and for Form-A only 26% had filed during that time frame. Form-B has higher proportions of respondents in the 4-6 month and 7-12 month categories than was the case for Form-A respondents.

<table>
<thead>
<tr>
<th>Count</th>
<th>0 Months</th>
<th>1 - 3 Months</th>
<th>4 - 6 Months</th>
<th>7 - 12 Months</th>
<th>13 - 24 Months</th>
<th>25 - 48 Months</th>
<th>49+ Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>135</td>
<td>2%</td>
<td>26%</td>
<td>40%</td>
<td>19%</td>
<td>2%</td>
<td>4%</td>
<td>6%</td>
</tr>
</tbody>
</table>

We would expect Form-B respondents to report that more time had passed since they had filed for divorce since the follow-up survey occurred 1-2 months after the course was completed. However, the magnitude of the increase is greater than expected and indicates that Form-B respondents has a higher concentration of respondents who have been divorced for longer periods of time. As with gender, because some behaviors were significantly different among those more recently divorced and those divorced for a longer time, some bias is likely. In this case, however, the bias would be expected to be in the opposite direction since Form-A respondents who had been divorced longer were LESS likely to say they would change their behavior.

Figure 11 (next page) indicates that about 70% of the Form-B respondents had little/no conflicts (35%) or regular/minor conflicts (36%) with their co-parent. The distribution of responses with respect to the level of conflict with their co-parent are very similar for Form-A and Form-B respondents. Though not statistically significant, female Form-B respondents were nearly four times as likely to say they had experienced threats or physical altercations with their co-parent in the previous month.

Almost all (93%) of Form-B respondents said they had been required to take the co-parenting course by the courts; similar to the 95% of Form-A respondents.
As was the case with Form-A respondents, there are a disproportionate number of Form-B respondents from UWEX’ Eastern district (Table 12). None of the handful of Form-A respondents from the Northeastern district responded to the follow-up survey. The Southwestern region is more heavily represented in the Form-B dataset.

<p>| Table 12: Form-B Respondents by UWEX District |
|-------------------------------|-----------------|-----------------|----------|-----------|</p>
<table>
<thead>
<tr>
<th>Count</th>
<th>Northwestern</th>
<th>Northeastern</th>
<th>Eastern</th>
<th>Southwestern</th>
</tr>
</thead>
<tbody>
<tr>
<td>171</td>
<td>14%</td>
<td>0%</td>
<td>56%</td>
<td>30%</td>
</tr>
</tbody>
</table>

**Form-B Behavioral Outcomes**

The follow-up or Form-B survey asked about behavior change in a different way and covered a slightly different set of behaviors. Form-B used an *ex-post* Pre-Post design and sought feedback on five behaviors. Respondents were asked to assess the frequency of the following behaviors before taking the co-parenting class and after the class:

- The child’s other parent and I argue in front of our children
- I talk with my child about problems I’m having with their other parent
- I keep my emotions in check when talking with the other parent
- I say positive things to my child about their other parent
- I ask my child(ren) to take messages to their other parent

Answer options were: almost never (1), sometimes (2), often (3) and almost always (4). Because the behavioral questions are somewhat different and the answer options don’t align with Form-A at all, comparison of the Form-A and Form-B results are not proper.
For questions 1, 2, and 5 in Form-B, the preferred answer is almost never (lower number values) and for questions 3 and 4 it is almost always (higher number values).

We can, however, assess the extent to which Form-B respondents feel their behavior has changed as a result of the class. This comparison hinges on the assumption that respondents can accurately assess their behavior before and after the class.

To test for changes in behavior, we used a paired T-Test. In Table 13 we report the mean value for each behavior before and after the class, the average change, and the significance level. Parents felt that, after the class, they argued with their co-parent significantly less often, less frequently talked with their child about problems they were having with the other parent, were better able to keep their emotions in check and more frequently said positive things about their co-parent. The difference in the average values for these behaviors before and after the class are highly significant. Table 13 also shows there was no improvement in the frequency parents were sending messages to their co-parent via their child. Only 11% of Form-B parents said that prior to the co-parenting class they often or almost always asked their children to take messages to their other parent. So, this practice was not widespread even before the class.

| Table 13: Pre-Post Course Paired T-Tests, Form-B Participants, 2016 |
|-----------------|-----------------|-----------------|-----------|-----------|
| Argue In Front of Child | 1.92 | 1.37 | -0.56 | 0.00 |
| Share Problems with Child | 1.35 | 1.16 | -0.19 | 0.00 |
| Check Emotions | 2.69 | 3.02 | 0.33 | 0.00 |
| Positive Comments | 2.59 | 2.83 | 0.24 | 0.00 |
| Send Messages Via Child | 1.41 | 1.44 | 0.04 | 0.47 |

These results indicate that the co-parenting class had a significant impact on most of these behaviors and that these improved modes of behavior were persisting one to two months beyond the end of the class.

There were almost no statistically significant differences in the degree of change in these five behaviors across demographic groups. The only substantive difference was that those with a more hostile relationship with their co-parent (shouting or threats/physical confrontations) significantly reduced the likelihood of sending a message to their co-parent via their child.

Finally, Form-B parents were asked if they have developed a written “Parenting Plan” with their child’s other parent as a means of organizing things and avoiding arguments. Answer options were simply yes or no. Figure 12 (next page) shows that only 41% of the Form-B respondents reported that they had developed a written plan with their co-parent.

The only statistically significant difference across demographic groups was that those with a more hostile relationship with their co-parent were less likely to have developed a written parenting plan. Nearly half (48%) of those who said their relationship with their co-parent involved either little/no conflict or some regular but minor disagreements had developed a written plan. Only 27% of those whose interactions with their co-parent involved shouting or
threats/physical contact had such a plan. The difficulties of developing a written plan when the relationship with the co-parent involves shouting or worse are obvious.

As with Plan-A respondents, our statistical analysis indicates that the co-parenting class was successful in moving the needle in the desired direction with respect to most of the behaviors about which parents were asked.

Open-Ended Comments Form-B

What are you doing differently? One hundred fifty-two people responded to a question asking them to describe a real-life situation in which they applied something from the class.

<table>
<thead>
<tr>
<th>Plan Do Differently</th>
<th>Number of Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>How I Talk with Co-Parent</td>
<td>26</td>
</tr>
<tr>
<td>Parenting Plan/Business Relationship/Work Together</td>
<td>23</td>
</tr>
<tr>
<td>What and How Things Are Said in Front of/with Kids</td>
<td>19</td>
</tr>
<tr>
<td>Put Kids First/Priority</td>
<td>12</td>
</tr>
<tr>
<td>Be Aware of/Support Child’s Needs</td>
<td>10</td>
</tr>
<tr>
<td>Put Kids First/Not in the Middle</td>
<td>9</td>
</tr>
<tr>
<td>Not Applied Anything in Last Week</td>
<td>9</td>
</tr>
<tr>
<td>Feelings/Emotions</td>
<td>8</td>
</tr>
<tr>
<td>Communication</td>
<td>6</td>
</tr>
<tr>
<td>“I” Messages</td>
<td>6</td>
</tr>
<tr>
<td>Positive Class Feedback</td>
<td>6</td>
</tr>
<tr>
<td>Negative Class Feedback/Suggestions</td>
<td>4</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>14</td>
</tr>
</tbody>
</table>
As indicated in Table 1, there were a wide array of examples given. The most common response was that the course has altered the way they talk with their co-parent. Many of the comments in this category focused on trying to keep anger under control or reducing their exposure to provocative situations. Examples of these types of statements include:

*Several times I've chosen to hold my tongue instead of defending myself.*

*Rather than nasty phone calls I've decided to use text more often to eliminate negative energy in the situation.*

The second most common set of responses were more positive and note improvements in their relationship with their co-parent. Examples include:

*I wanted to take my children to a cottage for a few days (mini-vaca) and I asked my ex-husband in advance with the option to keep the kids longer on the days he would have them. He agreed kindly. No push back.*

*On Easter Sunday, I needed to change the timeframe I was taking the kids to celebrate so I texted their father, and through acting like mature parents, the situation worked out to both of our satisfaction.*

The message of not having arguments, saying negative things about the other parent in front of the children was mentioned by a number class participants.

*I don't ask or say anything about my child's mother to my daughter. No comments at all or questions. I let my daughter share as she wants.*

*We almost never argue in front of our child after taking this class.*

A substantial number of respondents noted an increased awareness of the need to put their child first in terms of putting their feelings aside or supporting their child’s needs:

*Made everything about what's best for the children.*

*Talking with my child. Keeping a positive attitude so she doesn't feel bad about situation.*

The complete set of comments are included in Appendix A and readers are encouraged to skim these comments.
**Anything Else to Say.** Finally, respondents were asked if there was anything else they would like to say; 70 class participants provided input (Table 15). More than half the responses were positive comments about the class and/or the instructor. Several noted that they had expected to hate the experience and were pleasantly surprised by how much they enjoyed and learned from it.

<table>
<thead>
<tr>
<th>Plan Do Differently</th>
<th>Number of Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive Feedback</td>
<td>36</td>
</tr>
<tr>
<td>Negative Feedback/Suggestions</td>
<td>25</td>
</tr>
<tr>
<td>No/Negative Co-Parent Interactions</td>
<td>9</td>
</tr>
<tr>
<td>Focus on the Children</td>
<td>1</td>
</tr>
<tr>
<td>No/Nothing</td>
<td>1</td>
</tr>
</tbody>
</table>

The negative comments/suggestions were similar to those noted earlier:

- Some problems with the room (e.g. noisy air conditioner)
- Felt the class should not be mandatory
- Complaints about the way the class was run (running over the allotted time, not managing the classroom to the respondent’s satisfaction, the day and time it was held, etc.)
- Concerns that the other co-parent was or wasn’t in the class
- How to deal with no-contact orders or an abusive spouse

More than 10% of these respondents noted that they either have had no contact with their co-parent or that the class did nothing to change the way they interact with each.
Conclusions

This report has looked at the extent to which UW-Extension’s Co-Parenting Class has been effective in changing participants’ behavior in positive ways.

Data were gathered at the end of the classes, which were offered in multiple locations around the state, at the end of the program. There were 1,458 useable evaluations in this dataset, which we’ve referred to as Form-A. A second set of data were gathered from 171 participants one to two months after the class had concluded. These are referred to as Form-B. In both instances, the indicator of behavioral change is based on the respondent’s self-assessment.

The demographic and experiential profiles of the respondents in both the Form-A and Form-B datasets are broadly similar. In both datasets, most participants had been divorced, were in the class because a court had required it, their average age was in the mid-30s, they’d been in a relationship with their co-parent for an average of a decade or more and divorced for less than a year. Substantial majorities had relationships with their co-parent that involved little or no friction, but for about 5% of each that relationship included physical altercations.

The Form-A evaluation asked about nine behaviors and the respondents felt their behavior had improved because of the class in eight of them. This is an impressive result given that very few participants were taking the class of their own volition. It also appears that the course is more effective if the participant’s relationship has not deteriorated to the point of shouting matches or physical altercations with the co-parent. The value of the class to participants is bolstered by the fact that 90% or more said it had been worth their while and should be required for all separating or divorcing parents. Responses to open-ended questions were also positive with many taking away the need to improve their communications with the co-parent using a variety of techniques.

The Form-B results were also positive. There were statistically significant improvements in participants’ self-assessed behavior in terms for four of the five behaviors examined. The behavior for which there was not a significant change (using their child to pass messages to their co-parent) was not common prior to the class. Similarly, responses to open-ended questions indicate that participants had altered a number of behaviors in a positive way because of the class.

The results of our analysis support the conclusion that the co-parenting class had a significant and positive impact on most of the co-parenting behaviors covered and that these improved modes of behavior were persisting one to two months beyond the end of the class.
Appendix A – Open-Ended Comments

COMPILED COMMENTS: FORM A

Question 5: For which of the following reasons have you been asked to take this Co-parenting class? (If you do not know or do not need this information in your county, you may skip this question.) – Other (109 Responses)

Court (76 Total Responses)
- Court (71x)
- Court ordered
- Court ordered due to new court change
- Court ordered probation
- Family Court Comm required
- Suggested by court
Focus on the Children (250 Responses)

Put the Children First/Not in the Middle
- Variations on “Put kids first” (7X)
- Absolutely not put children in the middle.
- Always put our daughter first
- Approach things with the child’s interest and health first.
- Attention/focus with regards to kids.
- Consider the kids first. Consider the kids needs more.
- Continue looking at every situation through their eyes
- Definitely put my daughter first and stop the arguing.
- Focus on child.
- Focus on our child as #1 priority.
- I was always aware of not putting my girls in the middle, but now I know other ways to do it and I will watch for signs of their dad doing it. That way I can help them cope.
- I will continue to do everything in kid’s best interest.
- I will not put our daughter in the middle of conflict.
- Keep a child in the middle mindset while I continue to parent.
- Keep kids first and removed from adult problems.
- Keep kids in the forefront.
- Keep kids out of the middle.
- Keep the kids in mind more.
- Keeping our child’s best interests number one before anything else
- Keeping the children’s needs @ #1.
- Keeping them out of the middle.
- Minimizing the quizzing of life at other parent’s household.
- Never put my child in the middle.
- Never put my son in the middle of things and always be mindful of what I say around him and how it could affect him.
- No messaging
- Not ask about the other parent
- Not put my son in the middle but help him (survival mode)
- Not to worry so much about my ex and focus on the child more.
- Put our children's needs first.
- Realize when I do put my son in the middle and stop.
- To not have my son in the middle of anything between his mother and I.
- Try and put the children first and not place them between me and my husband's business with each other.
- Will continue to keep child out of the middle
- Your kids are first.
Focus on the Children (Continued)

Feelings/Emotions

- Acknowledge my child's feelings
- Allowing negative feelings to be processed more freely without reacting in a negative way or shutting children down.
- Ask how my children are doing more frequently in regards to the divorce
- Ask my kids how they are feeling more often.
- Asking about how my kids feel about things
- Be more attentive of my kids feelings
- Be more careful about my daughter's needs and feelings
- Be more in tune to the emotions my children are going through.
- Be more involved in their feelings.
- Communicating emotions differently with my children and how they react at different ages.
- Empathize my kids' feelings.
- Give my children the emotional support that they need to succeed within the family
- Have a more open mind and consider my sons feelings more no matter his attitude.
- I plan to not get so upset about the little things. I want my kids to be happy and know that there mom and dad are too.
- I plan to not let my emotions get the best of me & not show my emotions in front of my kids.
- I plan to see the kids and treat them with more consideration for their feelings during the divorce and after.
- Keep my cool and focus on my kids. I can't change their mom's actions and choices.
- Keep my son's feelings and thoughts in mind.
- Keep open mind how kids feel
- Let my daughter know why I left, and tell her she can be upset with me.
- Maintain awareness of my child's emotions.
- Monitor my child's reactions. I know now what to look for.
- More conscious effort to decrease stress for my child
- More patience for my children.
- Pay more attention to how my son feels.
- Realize the emotional needs of the child and how important that is. Being sure everything is spelled out or has been discussed!
- Talk about feelings more with kids.
- Talk more with my kids about their changes and grief
- Talk to my child more about how they are feeling, use "I" statement.
- To be a more patient parent no matter what.
- To learn when I am getting angry or stressed! Remember it’s not about me, it’s about the kids.
- Watch more signs of distress from kids

What and How Things are Said in Front of/to the Children

- Avoid topics not appropriate for children.
- Be aware of how much my kids really hear.
- Be mindful of actions and conversations about the other parent in front of the child
- Be more aware of what I say around my kids
- Be more careful around the kids - when on the phone and they are with ear shot. (example)
- Be more mindful of what I'm saying in front of my kids.
- Do not involve children in financial affairs or discussions about spouse.
Focus on the Children - What and How Things are Said in Front of/to the Children (Continued)

- Do not make kids messenger.
- I plan on making sure to keep my kids out of the adult conversations.
- Keep our discussions/negotiations away from the boys.
- Keep things more private when discussing with others, and the children are present.
- Make sure kids are not present.
- Not ask how the other parent is doing?
- Not ask my child about what the mother is doing.
- Not ask my kids about their dad.
- Not ask the kids to be messengers. Remain as "businesslike" as possible in dealing with kids.
- Not be a messenger with the children.
- Not question my children about what is going on with their father.
- Not raise my voice in front of kids.
- Not speak negative about grandmother (my mom).
- Not talk to child about what is happening.
- Not talk to my kids about their dad.
- Not to talk about the divorce with kids. Deflect their inquiry.
- Not use my children to talk to.
- Not use our children to send messages to wife.
- Not using children as messenger or spy.
- Pay more attention to discussions with my daughters - even the ones that seem harmless.
- Refrain from discussing issues with the children.
- Restrain from discussion when kids are present even when intentions are good.
- Stop asking about "dad's friend".
- Talk out of ear reach of the children.
- Talk privately with ex-spouse, not near kids.
- Talk to my children differently about the divorce and father.
- Talk to my kid about his new family.
- Things talked about in front of child.
- To make sure I don't discuss issues when the kids are present even if they are outside.
- To take time to think before responding.
- Try to be more careful about how I answer the questions our son has.
- Watch how I discuss things with my child.
- Words used with boys.

Spend More Time with Children/Be There for the Children

- Be more present with my children.
- Be there for the kids and be a good role model.
- Be there for them.
- Be there more supportively for my child during this process.
- Get more time with my daughter.
- Give more time to my kids.
- Have a functional relationship with both my children.
- Have a good relationship with my children.
- Hope the mother sees the kids more.
- I will be giving my child more one on one time to show him that even though his father and I aren't together, I'm still there for him as his mother.
- More visitation with the children.
Focus on the Children (Continued)

I Will Take My Children More.
- Make sure the kids spend more time with dad.
- Spend more time really talking to and listening to my kids
- Spend more time with my kids.
- Spending more time with child
- To be there more for my kids.
- Try and devote 15 minutes daily for each kid—one on one
- When I get my kids back learn to be there for them more.

Be Aware of & Support Child’s Needs
- Able to understand and judge situations which will help recognize more possibilities that could harm my daughter.
- Be aware of trying not to include my son in adult problems and let him feel loved.
- Be better in tune to my children's clinging and nonverbal needs and try to resolve conflict better.
- Be even more responsive to my child
- Be more engaged with my kids and the other parent.
- Be more patient and think more about the consequences of it on my child's mother's relationship and how it affects our daughter.
- Be more patient with my child. I have problems with that. Try and manage my frustration and anger a little better.
- Be more supportive.
- Be positive.
- Be the rock star to my children, even more so than I already am.
- Continue to always consider the health and well-being of my child.
- Do repairs w/ kids, acknowledge mistakes, make more 1:1 time w/ each.
- Emotion coaching my children.
- Focus less on dad buying their love and keep being supportive and loving and doing what I can.
- Focus more on keeping his life as normal as possible.
- Focus on the Children (Be Aware of & Support Child’s Needs – Continued)
- Focus on my kids when they are with me.
- Focusing more on the bottom level of the pyramid - growing and strengthening my relationship with the children.
- Give my child space.
- Help the child understand and grow.
- How all the things that went on in my kid’s lives and it is now coming out of my two oldest ones
- How children are affected by everything going on during and after the divorce/transition and do everything in your power to make it easier for them.
- How I react and respond to the children about any questions they may have.
- How I will help my children better.
- How to deal with things better, it’s all for our children.
- I plan to be more patient with my kids and spend more time with them.
- I plan to be more positive with my children.
- I plan to help my children understand more about things about life and other aspects and get involved in things more.
- Keep my kids safe.
- Keep the kids' needs foremost in my parenting technique.
Focus on the Children - Be Aware of & Support Child's Needs (Continued)

- Keep up strong attachment with child
- Keep utilizing the techniques I have been to make the situation the best for our kids.
- Lots of ideas to improve the relationships with both my children.
- Make sure he (child) has a steady schedule.
- Making sure the kids can stay involved at the age and skill level they are in.
- Maybe to continue my reinforcement in front of my daughter that she is a good child even when her mother says contradicting things.
- More reassuring my kids it’s not their fault that the divorce happened.
- The way I react to my children.
- Pay attention better to how my child is doing.
- Pay attention to my kids' behavior.
- Pay more attention to my children and always tell them I love them.
- Pay more attention to my children's needs mentally rather than just what I can give them to make them happy to see me.
- Pay more attention to the kids.
- Put more effort with my children
- Put more focus on my relationship with my kids than their behavior.
- Really focus and change how I interact with my children - spend quality time.
- Really take the time to focus on the kids' well-being. By putting my stuff aside, spending time developing good/better communication skills.
- Reassure my children they are not at fault
- Still be extremely conscious of our son and how he's reacting to change and I feel that both parents will work together to make it be the best for our son.
- Reassuring kids I will be there for them and take care of them. Very close with my boys.
- Relax a little- let go a little more about that which I have no control over (his new partner) "it's about the children"
- Remember that this is about the well-being of our child, not our personal disagreements
- Remember to bring best interest for the children to intentions with spouse
- Stay "kid focused" more-help elevate stress
- Stay positive with children
- Step back and relax - enjoy my kids.
- Take better care of my kids and my future kids.
- Taking the kids into consideration
- Talk about how much my son's mom loves him!
- Think about what's better for my kids
- Thinking through the kids eyes
- Think longer about my responses to my children's questions.
- To think about my daughter's needs and what's most important for her and her future.
- Try my best to make this easier on the kids.
- Try to be more open and mindful of the children.
- Try to be more understanding of my child's behavior
- Try to be more understanding with the children when explaining why the gal (guardian ad litem) doesn't want them to visit.
- Try to see my sons point of view a little more
- Try to see perspective of other parent to help with our kids
- Try to think how my actions are going to affect my children.
Focus on the Children - Be Aware of & Support Child's Needs (Continued)

- Try to work even more on getting my daughter more help and try to get her dad to realize it’s not about him it's about our daughter
- Watch my reactions in front of the kids.
- Watching how much I "play" my children.
- Will try to stay positive around my child, try to keep things in the best interest for my child.
- With my children S.O.U.L. - stop, open up, understand and link. All situations.
- Work on "do's" instead of "don't" with my children

Conflict
- Backing down from a conflict to keep peace
- Better ways to resolve conflict
- Don't fight in the same room, even as an infant.
- Focus on no conflict in front of children
- Get along better for children
- Get along with x for the children's sake.
- How I approach conflict with my ex. I usually submit and end up feeling bad about myself and hopeless about the situation. I know my children see this - needs to change.
- I am going to try my best to keep girls out of conflict and hope the father is able to do so also.
- I plan to have a conflict free relationship with my son's father. Having a strong bond for him is important to me.
- Keep kids out of the conflict.
- Keep the kids separate from disagreements
- Leave children out of conflict
- Make sure kids aren't around during a dispute
- Make sure to come to agreements for our son. Make sure he stays happy.
- No arguing in front of the children
- Not argue in front of child.
- Not fight
- Not fight and argue about little things
- Not fight around the children and work on things more.
- Not fight or argue in front of our son
- Not have conflict with my ex in the presence of our children.
- Not include the kids and try to cooperate
- Not involve my children in the divorce disputes or fighting between my ex-husband and I, help my kids through this
- Not to argue
- That the conflicts of the relationship with my child is not solely from one parent.
- Try to be more civil for our son
- Try to figure things out between the girls.
- Try to work things out more peacefully for our son's sake.

Miscellaneous
- Be more comfortable talking to my son about the situation.
- Being more aware of and doing better during the exchange of my child.
- I plan to set better rules and follow through with them.
Focus on the Children (Miscellaneous - Continued)

- I plan to do more learning and teaching activities with my children.
- How does a parent give way when it puts a child's health in a risky place?
- Less quizzing and holding kid's stuff hostage at my house
- Meet at a neutral location not at the house
- More positive parenting
- My children will always come before me in pursuit of being a better parent.
- My relationship with our kids being major for us not us. (underlined "not" twice)
- Stick to consequences and not let them just get away with things!!!
- Not using kids as a trophy.
- Own my own feelings.
- Take the high road for my child's sake
- Take the high road.
- Take time for myself
- Most important thing I learned today: how divorce effects our kids

Communication (205 Responses)

Communicate/Communication/Communicating
- Communicate (11x)
- Communication (9x)
- Communicate/Communicating more (7x)
- More talking (3x)
- Talk and listen to my child(ren) more (2x)
- Communication/respect
- Conflict resolution. Communication techniques.
- Constant communication
- Just make sure the communication is there always
- Probably focus on communication.
- Become more aware of how I'm communicating.
- Communicating
- Communicate more openly with less accusations
- Communicate more with child's mom and child
- Communicate more with my ex and make sure our daughter has the best life we can give her.
- I plan on increasing communication and be respectful of other person.
- More communication with my ex-partner.
- More communication with son and his mom. To make sure my son knows we both love him and always will at all times.
- Speak differently, I'm going to take the kids to pick out stuff for the room.
- Talk more - not get mad
- Talk more calmly. Have conversation away from child.
- Talk more to resolve things.
- Talk more to my kids (and mom)
- Work even more on communication
- Talk
Communication (Communicate/Communication/Communicating - Continued)

- Talk about it
- Talk calmly.
- Talk things out
- Talk and listen to my children

Communicate Better/Better communication
- Communicate better (16x)
- Better communication (5x)
- Communicate better with Ex. (6x)
- Try to communicate better with the other parent. (3x)
- Better communication with the other parent
- Communicate better with her over the children.
- Do my best to communicate better with my kid’s moms
- I need to learn to co-parent and communicate better. This class has given me the tools to do so, that way I can give my son the life he deserves.
- I will work very hard on communicating better with my child's mother.
- I will try to communicate more effectively and calmly with my children's father.
- It is my hope that I am able to communicate better with my ex-spouse as it is best for our children.
- Just communicate better in a way that promotes effective co-parenting in order to provide better care for my children.
- To get along and communicate a lot better with the other parent
- Try to communicate better with my ex for the child's best interest.
- Communicate better and more frequently
- Communicate better with ex-wife and children
- Communicate concerns better
- Communicating better and not blaming.
- Communicate effectively better
- Communicating with my children better
- Definitely improve communication strategies. Most disagreements were entirely unnecessary.
- How to better communicate
- I really plan on communicating even better.
- Just communicate better and work things out better.
- Try to communicate better
- Try to communicate better not expect the worse.
- Try to have better communication
- To have better communication skills
- Try to have better communication - right now there is not communication at all
Communication

Communication (Continued)

Communication with Others
- Approach the way I talk to my ex-wife and my children.
- Avoid communicating w/ the other co-parent.
- Avoid conflict with him and try to communicate better.
- Being more aware of how I communicate and how it affects my son.
- Communication between children
- Communicate consistently with kids and their dad.
- Communication with children.
- Communication with each other.
- Communication with family better
- Communication with my child
- Communication. The ages of 16 and 19 year old make our needs different.
- Communicate with 15 year-old daughter Bella.
- Communicate with co-parent as a business partner.
- Communicate with daughter more openly.

Communicate with my ex regarding decisions about our children’s lives.
- Communicate with my kids
- Communicate with the children more directly what is happening with the divorce.
- Communicating to the co-parent
- Co-parent - verbalize - communicate appropriately
- How I talk to the other parent and how to talk to my kids so they understand.
- How to communicate with each other
- How we communicate
- How we communicate/talk
- How we speak to the co-parent and make better for the kids.
- I plan to try my best in communicating with the other parent, to keep things as simple and routine as possible.
- Keep kids out of communication between myself and other parent
- Speaking respectfully to one another
- Spend even more time communicating with B---- and L--- and learn to understand how they are feeling and give them the best stability.
- That my co-parent and I have excellent communication and co-parenting skills.
- The way I communicate with her and not let my emotions get the best of me.
- Try to communicate w/my ex better.
- Try to communicate with my partner better w/o yelling or disagreeing.
- Try to communicate with other parent
- Work on my relationship with my ex and communicate more with him.
Communication (Continued)

Open Communication
- Keep communication open (2x)
- I plan to remain very open about our communication with the children - to be a good co-parent.
- Just continue to focus on keeping open communication with my ex to meet our children's needs.
- Keep communication channels open with all children.
- More open communication
- Open communication
- Open communication with child and adults.
- Talk more openly

Communication Strategies/Approaches
- Always remember to communicate the positive as well as the negative.
- Business like communication
- Civil & communicate if possible
- Communicate calmly and listen more.
- Communicate differently
- Communicate in a calm, rational, positive, loving, caring, reasonable, understanding way to all people
- Communicate in a more civil tone and manner especially in front of the children.
- Communicate more clearly.
- Communicate not accuse, discuss things calmly.
- Communicate schedule changes better
- Express myself with less conflict
- Find different communication forms to keep anger to a minimum
- How I say things. I'll say "I feel", instead of the "I think."
- I have to work on my "business" communication. I get very stressed when he is around.
- I plan to try to communicate more and more civilly and with less negative emotion. I plan to choose my emotions and not let their dad's actions dictate how I feel so I can act more in the best interest of my children.
- I will be able to know & respect my child's feelings better by new communication.
- I will continue to try and communicate in a civil, respectful manner.
- Most important thing that I learned today: talk
- Patience and communication.
- Pay more attention to how my words are used when we communicate. Think things over before reacting. Know that the kids are OK and encourage any help they can get.
- Realize when I'm not communicating.
- Start a notebook to communicate with.
- Start communication log. Don't assume the worst or that someone is trying to hurt you.
Communication (Communication Strategies/Approaches - Continued)

- Talking calmly and think of my child
- Talking more respectfully with children.
- Talking to my children a little differently.
- Think before I speak - better communication.
- Tighten up the communication on routine.
- To self-talk more and communicate better
- Try to communicate as calmly as possible at all times.
- Try to communicate positively
- Watch tone/body language of communication. Try to use more first person examples.
- What I say and how I word it.
- Work on communication without fighting or flighting.
- Work on communication.
- Work on my communication with I messages.
- Work together and communicate in a more positive manner

Interactions With Co-Parent (175 Responses)

How I Talk About the Co-Parent
- Be more aware of how I talk about the other parent.
- Be more aware of what I am saying about the co-parent.
- Do not talk bad about the other parent even if you are upset.
- Don't tell the kid's their mom's a drunk.
- Establish rules between me and other parent regarding how we speak of the other when children are with specific parent
- How I talk about my ex-spouse
- I'll bite my tongue more when talking about my ex.
- Inform the other parent on what is going on more
- I plan to keep opinions about their mother's choices to myself.
- I plan to change how I talk and other people talk about my ex around my daughter.
- I will not discuss co-parenting issues in front of my children in the future.
- I will not talk negative about my boy's father in front of them.
- Make sure I watch what and how I say things about their father in front of them.
- Never speak negative about the other parent
- No bad-mouthing other partner.
- Not bad mouth ex wife
- Not bad mouth the other parent as much when my kids are in the house
- Not "put down" my soon-to-be ex in front of the children.
- Not put my kids' father down in front of them.
- Not put the other parent down because I don't agree or don't like the issue.
- Not read my texts out loud to my boyfriend from my ex when my children are around.
Interactions With Co-Parent (How I Talk About the Co-Parent - Continued)

- Not talk bad about her when child is home.
- Not talk bad about his father.
- Not talk bad about the other parent.
- Not talk to N--- about his dad drinking problem.
- Say more positive things about daddy when he's gone.
- Talk less about the things M--- (mom) did wrong.
- The things that I say in front of my children need to change. Or the way that I talk to my ex in front of my children.
- Think a little more before mentioning the other parent in the subject.
- To work on not talking bad about him and his girlfriend.
- Watch what I'm saying about my ex a little better.

How I Talk To/With the Co-Parent

- Avoid conflict with other parent.
- Avoid accusations.
- Change how to talk to other parent (2x).
- Discuss any future relationships that each other may have for benefit of kids.
- I won't talk to the other parent when I'm angry.
- More discussion amongst the two of us vs around the kids.
- No arguing w/co-parent.
- Not to talk to his mother like a child.
- Really be aware of my surroundings when talking to the other parent.
- Speak better to the mother of our children - Not that I talk mean, but just phrase my words better.
- Speak to my ex-spouse in a way not to criticize him.
- Talk about what's bothering us more - no having kids hide what they did at others house.
- Talk better with the other parent about the children.
- Talk during child exchange.
- Watch how I listen and speak to other parent.
- Watch what is said about the kid’s time with the other parent.

Co-Parenting/Get Along

- Better co-parenting (2x).
- Get along better with ex (2x).
- Agreeing on things more.
- Always discuss with my future ex.
- Allow other parent to parent how they want. It’s OK.
- Better co-parenting on my behalf.
- Be kinder to my ex.
- Be more helpful to the ex.
- Be more respectful to my wife.
- Be more understanding to the other parent.
Interactions With Co-Parent (Co-Parenting/Get Along - Continued)

- Compromise and try to meet eye to eye without raising voices.
- Compromise
- Cooperate more
- Co-parent better.
- Co-parent in healthy ways
- Continue to co-parent well with his new wife.
- Continue to rely on my ex's support with my son.
- Get along with ex-spouse
- Get along with other parent
- How I respond to my children's father
  - I just try to ignore him.
  - I plan to talk about our parenting styles more and how we can compromise.
  - Keep getting along well
  - Keep the focus on what's best for the kids when making co-parenting decisions.
  - Learn to accept the other parent's lifestyle and know they will keep the children’s interest in hand.
- Not worry about what the other parent does or try to help her
- Reevaluating the possibility of friendship after divorce. Working towards it instead of away.
- Respect the other parent.
- Respect the others feelings
- Restraining order/child arrangements through 3rd party. Leave room for improvement of child/other parent relationship as other parent becomes sober and healthy.
- Seeing my partner
  - Stay friends and say this class should help people.
  - Somehow I hope to be able to co-parent—once he is willing.
  - Stress the importance of co-parenting.
  - The way I approach him; the way I respond to him
  - To be more open and understanding with ex and away from the child. Also grant respect to ex in regards to new relationship.
  - To co-parent with the Ex.
  - To get along
  - Try not to use father as an excuse for reasons why we cannot have or get certain things.
  - Try to be more positive and hopeful. I won't believe him when he says I'm ruining our kids. There is hope!
  - Try to better get along with my EX.
  - Try to co-parent better.
  - Try to get along with the other person
  - Try harder to get along for the kids
  - Try harder to co-parent for the sake of our son
  - Try not to get frustrated so fast and just listen to what the other party has to say.
  - Understanding the emotions emitted from my wife are expected and can be handled appropriately.
  - We're lucky that so far we are in a good relationship.
Interactions With Co-Parent (Co-Parenting/Get Along - Continued)

Parenting Plan/Business Relationship/Work Together
- Make a parenting plan (2x)
- Work together better (2x)
- Back up plans
- Be more business-like with my ex-partner
- Be more intentional about discussing co-parenting issues.
- Be more on the same page.
- Change parenting plan
- Continue working together for the sake of my daughter; be positive.
- Coordinate a co-parenting strategy.
- Coordinate activities with their dad
- Co-Parent plan
- Create a calendar so she knows when she will be where.
- Creating the parenting plan. Might be difficult due to safety concerns for youngest child has special needs.
- Deal with this as a business decision
- Do better planning and communication to organize time and nights with other parent
- How to work better with the other parent
- I am going to work harder to see that I--'s mother gets more opportunities to have a larger role in decisions affecting I--’s life.
- I plan to work things with co-parent about child's visitation.
- I realize how lucky I am to co-parent well with my husband and I am going to continue to improve.
- I will work with the kid’s mother better to resolve our disagreements
- Jointly make a parenting plan
- Just keep working with each other as parents. Keep our son happy and we are one family.
- Knowing the importance of maintaining a good co-parent relationship.
- Learn how to co-parent better
- Let other parent know what the kids are doing.
- Make a written contract for our son regarding holidays, etc.
- Make sure I have a good plan for when there is contact (between me and the other parent) again, that we can be good co-parents.
- Make sure to keep relationship like a business relationship.
- Maybe discuss parenting plan as both parents plan to leave this area.
- Parenting plan
- Parenting style
- Parenting style, more boundaries
- Plan better
- Plan schedules further ahead
- Plan to stay more focused on being co-parents to give the children the best lives they deserve.
Interactions With Co-Parent (Parenting Plan/Business Relationship/Work Together - Continued)

- Plan to work better with my X girlfriend.
- Pre-planning a little better
- Put co-parenting as a business instead of emotions.
- Put my anger/issues aside to be a better co-parent
- Put plans together to handle situations to make this process smoother.
- Set firmer boundaries in regards to myself while still allowing a relationship with their dad.
- Setting a time with my ex to talk about major things with our children.
- Think of this as a business relationship
- To create an organized schedule/parenting plan for our kids so that everything is easier for everyone.
- Treat our separation as a business.
- Treat the "deal" as a business transaction
- Treat this even more as a business relationship.
- Try a new parenting strategy
- Try harder to build a business relationship with co-parent and hope with time to have friendship
- Try reaching out to spouse in getting a parenting plan in place.
- Try to come to an agreement on living situations of child
- Try to keep personal feelings separate from parenting.
- Try to work more with my ex.
- Try to work together for the health and welfare of my son.
- Try using shared google calendar to keep other parent aware of school and sport events
- Trying to stay calm and work together as much as possible.
- Trying to work with other parent as much as possible.
- Try and work together with other parent on a plan for school for kids.
- Try hard to come to solutions for the best care of our child.
- Understand that you both need to agree on how to raise the child in both homes.
- Work together
- We have been separated for 4 and 1/2 years. Set regular visits with his dad.
- We work together fine
- Work better with co-parent.
- Work hard on co-parenting
- Work harder to come to agreement with ex
- Work harder to understanding my child's needs for the other parent.
- Work more with my ex. Try to talk to her more after.
- Work on less emotions- more business
- Work together a little better
- Work together as much as possible
- Work together directly with the other parent
Interactions With Co-Parent (Parenting Plan/Business Relationship/Work Together - Continued)

- Work together parenting the children.
- Work together for the children
- Work together with my children's dad to keep them happy. Co-parenting
- Work with each other as adults
- Work with the other parent, not against.
- Worked harder on my attempt to have sit down written conversations to clarify our stances.
- Working together
- We need to work as a team for M----.
- Work on a parenting plan and be more positive around the children
- Work on forgiveness for the kid’s sake. The video from the 1st session with the kids holding up signs was very powerful.
- Work with him to take care of our daughter when he is working.
- Work with my ex to solve things with our children
- Working with the kid’s mother on time spent, trying to get my daughter to have a better relationship with her mom.
- Write a parenting plan.

Conflict With Co-Parent
- How to control my anger around my ex.
- I will try not to get mad all over again over certain situations that have built up to this. Being my husband causing most of it & just realizing I was the one who stayed & tried to deal because of the girls.
- Keep conflict out of the equation.
- Keep working on civil conversations with my co parent
- My ex's wife tried engaging me in an argument in front of my child and I held my tongue and said that I had nothing to say. Then she tried calling me to argue and I didn't answer. I was not going to let her say or do anything with my child present. She could follow up in an email if she needed to.
- Resolve conflict with spouse in civil manner.
- Try to reduce conflict with ex.
- Try to stop arguments with my ex before they start.
- Verbal abuse and intimidation by him.
- When getting mad walk away instead of raising my voice.
Personal Actions (*114 Responses*)

**Improve my communication**
- Attempt not to be involved in verbal conflict.
- Be conscious of my word choices around my children like, "I miss you" etc. Also, giving them options to call or see the other parent when their feelings indicate they miss their mother or want to talk to her.
- Be more intuitive on words
- Better approaches - body language
- Change my tone of voice, face and body language so I don't come across as annoyed or just rude.
- Don't reply back to smart remarks.
- Express emotions better
- Express myself.
- How I word things when referring to children's needs.
- I plan to talk more, throw thing, than get upset.
- Implement use of a notebook or look into an APP that can increase effective communication.
- Learn to ask for things differently.
- Less arguing.
- Make a conscious choice to watch what I say
- My wording to our children
- Not raise voice
- Stay Civil
- Stop and think before talking
- Stop and/or cut down on yelling
- Think more before I speak.
- To stop think listen then to speak and be respectful
- Try not to yell as much.
- Try to be even more civil.
- Try to speak without putting blame
- Use "do" more instead of "don't."
- Watch my body language more.
- Watch what I say and how I say it
- Watch what I say more carefully.
- Will approach disagreements differently.

**Self-Care**
- Doing self-care that I have not done (2X)
- Change the way I deal with stress
- Concentrate on self-care, so I can model this for my children and take better care of them.
- Doubt myself less.
- Find Support
- Healthify myself and be more aware of others with my actions.
- How to be myself and I only can control myself.
Personal Actions (Self Care - Continued)

- I plan to take care of myself better to improve my overall well-being and to be a better parent to my girls.
- I will try to take better care of myself so I can be a better parent for my children.
- Keep trying to take care of myself.
- Make sure to take time to care for myself.
- Relax
- Self-care
- Take better care of myself
- Take better care of myself for my kids and just do what I can for them.
- Take care of myself first
- Try not to run on empty - take things 1 step at a time

Be Kind/Positive/Calm/Better

- Be better parent
- Be less right and more understanding.
- "Be more calm - change my way of thinking on certain issues."
- Be more kind
- Be positive
- Be the bigger person
- How to have a more positive outlook on things.
- I practice to be positive...there's always a solution or compromise. Never give up!!
- Make a better effort
- Patience and positivity.
- Stay calm
- Stay calm, work things out the most reasonable way possible.
- Stay positive
- Staying focused on being the best parent I can be.
- To keep calm if needed
- To keep trying to be reasonable.
- Try to be more considering instead of my own wants
- Try to be more patient
- Try to be more understanding.
- Use mindfulness in my relationships.
- Work harder with people
- Be Less Reactive/Defensive/Negative
- Be less aggressive.
- Be less defensive.
- Breathe, don't jump to conclusions.
- Keep open mind
- Less conflict
- Less defensive
- Not be vengeful
Personal Actions (Be Kind/Positive/Calm/Better - Continued)

- React differently
- Slow down and think and do a lot of things differently
- Think about actions
- Think before acting
- Think before I react
- Think twice before acting.
- Thinking before speaking
- "To be more open and understanding"
- Try to be less aggressively responsive
- Try to not be so reactive as I have been lately.

Manage Emotions/Actions
- Be more aware of my actions
- Be more mindful of what triggers my anger and resentment and practice skills to diffuse those feelings
- Be more respectful of time

Boundaries
- Don't worry about things you can't handle
- Establish and respect boundaries
- How I deal w/my feelings on what I can control & can't control.

Implement emotional coaching strategy
- keep my emotions in check
- Learn more/implement more of the emotional coaching
- Not worrying about the small things.
- Only try to control what I cannot what I can't.
- The way I handle things.
- To manage conflict better
- "To try to be more nurturing and less authoritative."
- Try never to argue
- Watch my actions and responses better. Try to get rid of my feelings.
- Work on my boundaries.

Apply Class Techniques
- Kinda trying to do everything I have listened too, I came from a divorced family so I know what my kids are going through.
- My parenting style.
- Read the book and apply as much as I can to our lives.

Miscellaneous
- Document more often
- Don't get married.
- Get rid of "amy" and practice more "flo"
- I hope to be prepared to co-parent when/if the opportunity affords itself.
Personal Actions (Miscellaneous - Continued)

- I plan to discipline while teaching. I don't feel like I'm doing that well enough.
- I will do this if we ever separated. But for now, can't describe anything I will do differently.
- Not get divorced again so I don't have to sit through this class again.
- To keep doing the things the way I have currently been doing them.

Using “I” Messages (88 Responses)

- Use "I" messages/statements (17X)
- Use "I" messages/statements/phrases more (13X)
- "I" Messages/Statements (10X)
- (Variations on) Change "you" statements to "I" statements (10X)
- "I and you" statements/messages (2X)
- Try to use "I" statements to convey my feelings.
- Assess and plan what I am going to communicate. Use "I" statements to determine if what I am communicating is for the benefit of the kids.
- Continue to work on leaving emotion out - "I" statements.
- I am going to use more I messages rather than you. I feel like this will help me better communicate with my child's mother.
- I plan to be less accusing of my ex and try to use more I phrases.
- I plan to listen and use "I" statements and work together for the kids.
- I plan to use "I feel" sentences more with my children when they act out.
- I will try and use "I" statements.
- Speak in "I messages"
- Speak more positively and not put down father. Use "I" statements instead of accusing.
- Talk more to my Ex about his daughter's feelings about seeing him in a positive way using the "I feel."
- The I feel statements
- The I message will really help me.
- The I method
- To not use to word "you" when talking to my Ex.
- To use I messages with him when he responds negatively towards me.
- To use more I statements actively every time. I have to talk any conflict over with my ex.
- To use more positive and self-talk I statements
- Try to do the "I" and not "you" and see if that works better in communicating with him.
- Try to talk more with I messages when dealing with my ex and get her to see that put downs in front of children hurt everyone
- Try to use the "I" format
- Use "I" statements, use workbook to research
- Use I statements more and can always use more active listening
- Use I statements. Remain civil and business-like.
- Use less blaming
- Use more "I" phrases when trying to communicate with my ex.
Using “I” Messages (Continued)

- Use more I statements; have more documentation.
- Use the "I" statements and request a compromise
- Use, "I think, I feel, I believe"
- Using "I" statements and also focusing on my parenting style.
- Using "I" statements with each other
- Using "I" statements; being mindful to not do "games" as our son gets older.
- Using I statements in day-to-day activity and finding that the kids come first.
- Validate feelings and the use of I statements
- Work more on "I" statements
- You I messages

Improve Listening Skills (23 Responses)

- Listen more (3X)
- listen, listen, listen (2X)
- how I listen to both my ex and our child
- Try to listen more before I respond.
- Listen
- Listen - not use you statements
- Listen and I-statements
- Listen better communicate more
- Listen better to his thoughts or requests
- Listen better to kids and the other parent
- Listen more closely to my children's needs.
- Listen to my children and be more aware of how they are coping.
- Listen to my children's perspective and follow my head not heart to ensure they are taken care of.
- listen to my kids
- Listen to my kids more closely.
- Listen to my kids more.
- Stop being loud and to listen more.
- Stop and listen more
- Be a better active listener to my children
- Actively listen to my kids

Variations on “Nothing to Add” (15 Responses)
Suggestions/Negative Feedback *(10 Responses)*

- External volume control - Power point modification
- Free Snacks would help
- I did feel there was a bias regarding the assumption the mother automatically gets placement. There were numerous examples presented to the class a few listed below:
  Lawyer video ""dad lives on 1 place, We live in another"", Last video ""dad wasn't always there"", Last video ""dads pay child support"", Last Video, The dad was ashamed to be the one who didn't want to be part of child's life."
- I think it would be nice to add positive children comments/videos
- I'm not sure - still processing info
- It would be nice to add videos of success stories and follow what they did well. I appreciate that it didn't feel like a lecture.
- More information on the toddler stages of it all with the stresses and things like that.
- Nothing, this class needs to be redone by the people who wrote it up in the first place. My x and I our excellent parents and get along awesome.
- We already do most of this stuff
- We already implement things from this class. Didn't learn anything new.

Positive Feedback *(10 Responses)*

- Class affirmed that we are doing a good job!
- Good information to learn and take with other co-parent
- Great class. Great ideas. Will use all.
- Great Program. I appreciate all the info and the style of the presentation
- I thought you did a great job as a new presenter. Kept the interest and gave pertinent info. I am a teacher @ West and completely agree with horrible parking and crazy traffic. I loved your backpack example and hope I can incorporate that into one of my units in health ed.
- I would not say this class changed my views but it has helped provide insight as well as direct me to resources I can use to manage and grow myself and our family. I enjoy and find psychology and self-awareness very useful and productive.
- I would use some of the tips in regards to my son's children, as there was little that really applied to my son.
- It was a good refresher
- Just to take step back and look at the situation as an overall thought.
- Really good info given, especially for parent that may be the one having a hard time finding middle ground.
- This class was a true eye-opener for me. I found I did some things right and, unfortunately, some things wrong. I will second think things I say in front of my children and how I talk to their dad with them present.
Miscellaneous (15 Responses)

- Continue counseling for everyone
- Discipline techniques
- Don't know, was upset seeing my ex and her husband in the class when they abused my children.
- Emotion coaching
- No idea at this point.
- Not much because of their age (17 & 19)
- Not sure yet
- Openness about abusive relationships (physical or emotional) is a good time to have phones on speaker and / or modifying contact with other parent.
- Respect
- Re-use the feelings basket.
- She doesn't talk
- The plan and stick to a schedule.
- Try not to let my child be the decision maker
- Use the word home for each home.
- Use the word home.
Question 20 – Anything else you’d like to tell us? (474 Responses)

Positive Feedback (151 Responses)

- Thank you (22X)
- Good/Great class/course (6X)
- Bev is great! (2X)
- Good/Great class, Great/Excellent instructors/teacher (4X)
- It was a helpful class (2X)
- Keep up the good work (2X)
- Although required to do so, enjoyed my time here and learned a lot. It was also nice to not feel alone in this.
- Always good to learn - great job Gail!
- At first, I was not looking forward to the class but was required to take it and am happy I was because I realized things happening I didn't before and how to cope with everything.
- Bev did a very nice job presenting a difficult class.
- Bev does a great job teaching it!
- Bev Doll did an amazing job relating info in a fun and upbeat way. Even better, she is down to earth because she has been there before.
- Class is a good program.
- Class was very helpful.
- Even though this is indeed a very important matter. I loved the funny humorous in same way show of pain game. Wonderful presentation - very Valuable - Helpful
- Everything was great.
- Excellent presentation.
- Glad I had to come.
- Good class - I think it should be mandatory. I already had most of the information, but it is good to know and have reaffirmed.
- Good class and instructor!!
- Good class, people need to be good parents.
- Good info- A lot I/we are doing right also pitfalls seen now that I will attempt to avoid.
- Good job.
- Good times
- Great class and insight.
- Great instructor. Knows the materials well. Funny, good "teacher" from her own life experiences.
- Great Job!!
- Great presenter, Missy!!
- Great teacher!
- I am glad I came, I believe their shouldn't be an online course. Parents should be more involved.
- I appreciate and am thankful for the opportunity to attend and learn this material and positive co-parenting skills.
- I appreciate the ideas.
Positive Feedback (*Continued*)

- I enjoyed this class. It opened my eyes to a lot of small things we sometimes overlook and helps make me more mindful. I think this was a great class and that everyone should be required to do it.
- I found the class very helpful even as a parent who’s doing this without a co-parent.
- I found this class useful and would like to see resources like this for myself or others supported. Will recommend and take advantage of resources available.
- I learned a lot about interacting as co-parents.
- I liked it way more than I expected. I like the book we get to take home to reference.
- I liked the class - thanks!
- I love you.
- I really do think this is a good worthwhile class and before I came I had a bad/negative "Why do I have to do this" attitude.
- I strongly agree with everything about the class.
- I wish my parents would have taken this class 30 years ago. Very well put together and presented.
- I wish this class were required more consistently for all parents because not every parent even knows that they need to take this class, I found out from a friend about the class.
- I won't be doing a lot of co-parenting, but I found other aspects of the class useful.
- Instructor was good.
- It helps to hear what others went through and how this class helped them get through it.
- It was a helpful class. Thank you.
- It was great. Learned a lot.
- It was more useful than expected, worth the time.
- It’s going to help.
- Jane does a great job.
- Jane was a very good instructor!
- Jeanne did a great job! I will make sure we write down our plans in detail. I will set goals for myself and work on them.
- Just the right amount of time. I think the videos could be updated.
- Kathy was easy to listen to and learn from.
- Met good people, especially the funny comments and seriousness of the teacher.
- Our teacher did an excellent job teaching our class. It was very informational.
- Overall, a good class, especially for parents in certain situations, so I guess it should be required for all.
- Presenter was very good and kept things moving.
- Program should be required for all new parents.
- Thank you - excellent information.
- Thank you Bev for very useful and important information for me and my children.
- Thank you for all the help and listening.
- Thank you for all the helpful information.
- Thank you for giving me some light at the end of the tunnel.
Positive Feedback (Continued)

- Thank you for offering and requiring their class.
- Thank you for providing it.
- Thank you for taking your time to spend teaching us.
- Thank you for the information I learned today.
- Thank you for this class. Very helpful. I will be using this book given often through all this.
- Thank you for this informative class.
- Thank you for trying to get parents to understand what to say and do in front of their kids
- Thank you for your time in teaching this class!
- Thank you, it was a healing process for my heart.
- Thanks for this class.
- The class taught me a lot about parenting during a divorce.
- The instructor did a great job of teaching others who really may have needed it.
- The instructor made the class better than I thought it was going to be. She wasn't judgmental and she didn't let on that she already knew me outside of this class.
- The instructor was very good at explain content/context.
- The stories and advice from the parents were amazing and helpful.
- There is hope. Thank you.
- There was some good info
- This class was very important for me to take and very helpful.
- This is a good class and I like it better as parents forever with workbook.
- This is knowledge I already had but was nice to hear it presented. It was a good way to put myself in check.
- This program was useful
- This was extremely helpful as we parents begin the mediation and co-parenting process. I really feel like I think I will go into the mediation with a different perspective then before.
- This was great information. Great teacher.
- This was worth my time, very helpful.
- Very good information.
- Very good information. Glad I took the class
- Very helpful and eye opening
- Very helpful class
- Very helpful, good experience
- Very helpful, thank you.
- Very helpful.
- Very informative
- Very informative and I feel like I took a lot from this class.
- Very informative class
- Very informative helped me develop the "dos" and don'ts"
- Very pertinent and relevant information. I saw some familiar issues in the presentation that I experience in my own situation.
Positive Feedback (Continued)

- Was good, non-judgmental, nice to hear her kids 'made it'
- Was not ever married but still found the class and info very applicable
- Well done!
- Wonderful class.
- Wonderful job!
- You are really a big help. Thank you.
- I learned things about divorce that I didn't know.
- I strongly believe all parents separating should take this class because they will be forced to hear the truth and might realize what they can change. This class has assured me that I am doing some things the right way and that I can change other things.
- I think all parents should take this class every 2 years to keep updated on everything.
- There's nothing I'm doing different because of this class, but it was a good reminder of why we do things. The instructor had good information and she presented it well. I teach this stuff, so for me, it was nice to see if there were things I could add to my teaching.
- This class should be offered BEFORE people get married
- No, I enjoyed this class!

Focus on Children (82 Responses)

- Children come first (2X)
- Keep it separate from the kids.
- Age-range specific things to be mindful of as it relates to my children.
- All good information - just good to reinforce the important things -- Keeping the child out of the middle. May be a little elementary but as divorcing adults/parents...We need elementary to bring us back to what is important...Our children. Thank you.
- Always put the kid first.
- Child development
- Children are fragile and need to be protected.
- Children's outlooks.
- Do what's best for our kids, not ourselves
- Don't put kids in between parents
- Don't put our children in the middle
- Effects of bad divorce on children.
- Focus more on what the kids want
- Focus on my child
- Going through a divorce you don't' take the time to think about a lot of things that are brought up in this class that will help in the separation of the parents and things you might not think about the child too at times and what they might be going through.
- Great reminder to make sure my kids are shielded from dealing with adults' problems.
- How important it is for the children to have time (often) with BOTH parents.
- How little my children should be involved in adult issues.
- How our behavior negatively affects our daughter.
- How our decisions and choices effect our kids
Focus on Children (Continued)

- If it is safe, the children should be allowed a relationship with us both.
- Impact of divorce on the various age groups, and how they process what's going on. The need to understand this, nail down routine, and set consistency with the parenting system including day care. Was expecting a stale sponsored, half-bored mandatory class. I was positively surprised with the format, expertise, and knowledge shared. Nice work.
- It's about our child!
- It's about the children, not myself.
- It's all about our "little star"! Keep their best interest at the forefront of interactions and decisions.
- It's important to keep conflict away from our daughter.
- Just a reminder to keep kids #1 always.
- Keep kids out of it
- Keep things positive for the child
- Keeping children out of the middle
- Kids are #1
- Kids are priority!
- Kids are the stars of our universe
- Kids come first of course - I think we are already on track with this.
- Kids come first, don't put them in the middle
- Kids don't have the fault of the divorce.
- Maintain attachment for the kids.
- Make it about the kids and that's where the focus needs to be.
- Maybe cover importance of hugs and telling children you love them.
- My children's emotions
- My kids come before anything, including my own needs.
- Never put children in the middle
- Not involve the children.
- Not put children in the middle of our issues.
- Not to get your kids involved during the divorce process. (Not to get the kids in the middle).
- Not to include the children.
- Not to talk bad about the other parent in front of my daughter.
- Not to use child as messenger.
- Our child needs to always be the focus and not made to feel put in the middle or feel at fault for anything.
- Our children come first, and are not a burden. Everything should be done with their best interest in mind.
- Protect kids
- Put the children first and work out the problems without the children.
- Put the kids first
- Remembering your kids are listening
- Spend more time with your child!
Focus on Children (Continued)

- That always put the children first - no matter what!
- That children are very sensitive to their feelings, and it is very helpful to teach them to have a better understanding and learn coping skills
- That my children's welfare is 100% more important than my feelings towards their dad.
- That our reactions to the other parent are picked up by our children.
- That the effects on the children are long-lasting
- That what I say and do affect my children.
- The age appropriate effects of each child.
- The children are the most important.
- The children's best interest is most important.
- The child's mental/emotional and physical health and safety.
- The child's opinion matters most
- The way you talk in front of the children could hurt them.
- There is no focus on a child who comes into the relationship. Loves as other parent is a guardian and their sibling viewed as a full sibling. This is very important to me and I wish it were for the courts.
- This class has many topics that were covered regarding the best interests of the child. I think that is the utmost importance, and it seems that people tend to forget this importance and let their emotions take over. As a responsible parent, people need to seek help in how to manage this issue.
- To be careful how I am around my children. To make more of a conscious effort to do what's best for them.
- To be part of my child's life as much as possible and help in everyday decisions, etc.
- To come to agreement upon things - to better your children. Knowing to expect how your children will or might act towards a parent about going through divorce and other things.
- To make our kid's life as normal as it can be.
- To not get the kids involved
- To not talk bad about the other parent in front of the child.
- To really watch all things said when my child is home, regardless if I "think" she can't hear.
- To remember about kid's perceptions
- To see myself through my children's eyes
- Was extremely helpful and eye opening to view the situation from my children's eyes.
- Was extremely helpful and eye opening to view the situation through my children's eyes.

Suggestions/Negative Feedback (75 Responses)

- 2nd Class info should be 1st class - was way more informative
- A/C turned on to make it hard to hear at times.
- AC unit in back of room difficult to hear over!
- Address parental alienation, perhaps false allegations?
- Almost wish this would be the full 8 hours instead of 4. Thank you!
- Apart from my ex living out of state and having a restraining order on him, the class was helpful.
Suggestions/Negative Feedback (Continued)

- Bring back the towels.
- Class needs a little break in the middle.
- Could be longer
- Could have been shorter. Lots of the same info repeated again and again.
- Could not hear the presenter at times.
- Different time of day for class or able to do it on internet
- Don't say we'll get out early if there's no way it'll happen. Story at end......not necessary.
- Don't split class.Forgot a lot of stuff from last week.
- Hard to hear with the A/C unit in back or room. Consider use of microphone next time.
- Have the class a few times a week instead of 1 day over 2 weeks.
- Honestly I don't believe this should be required to attend
- I agree to show some of the bad scenarios, but I think it would help to also show some examples of how cases go well too.
- I don't think the people getting divorced should take the class together. I would have been more engaged. Very useful information.
- I feel it should have daycare available
- I liked the three P's "problem not the person," but can't remember the rest!! "Present not past". Some of it is too basic.
- I think this class was a big help and very informative and in fact wish it would have been more than 2 classes.
- I think this class would be helpful for all separated parents - not just divorce.
- I wish I would have learned more about parents who were never together and about babies.
- I would have liked more information on co-parenting an infant/toddler
- Information rushed.
- Informative -- just wish class had options for older kids or younger kids. Wish it was geared more towards teens. Tough when you don't have small children. Info not needed.
- It did show that a lot of my Ex's behaviors are not unique. Wish there was a way to counter the games others play. Mainly Mom
- It was very hard to watch many of those videos bringing back traumatic feelings from our relationship. The examples were very extreme in many cases way out of bounds. Would love more hands on or detail with "our family wizard". Sample co-parenting success vs. horror stories. I think many have lived the horror stories already and seeing them so many time in a short class can be overwhelming in some cases causing a shutdown or blocking of the information presented. Maybe more info for parents on the origins of some of these behaviors repeated in our own family. *Horror stories" exampled from presenters would be more positive and appreciated.
- It would be helpful to provide childcare as part of the class.
- It would be nice to have presenters that have experience as a single parent.
- It would help if this class could be held more often or after working hours to help with scheduling issues.
- It’s a hard class to take when you are alone in the relationship because your partner has mental issues and zero ration of reasoning.
Suggestions/Negative Feedback (Continued)

- Kind of wish there was an open speak time for questions.
- Largely positive though intensely negative at end.
- Maybe if there is a way to extend the class into maybe 3 sessions. It doesn't seem to be long enough.
- Me and my ex have physically separated long before a divorce was filed. It would be nice if there was a way to be informed that the program existed before separation.
- More talk and lessons on parents that just don't get along. Where there is more tension between parents.
- More useful information on divorce and how to handle difficult situations.
- One session was perfect. 2 or more would have required more time off work.
- on-line classes
- People should take this before they get married
- Running over 2 hours is not respective of our time. Divorcing parents can be busy people and time with children is very important to me.
- Should be for all couples with children - not just married couples.
- Should be required for parents that have children together that were not in a relationship that long but have kids together.
- Should not be just for divorcing couples. Married couples can get a lot out of it.
- Some of the program was premature for separation stage.
- Some things were very "common sense" and maybe some more focus on a few topical subjects...such as how to deal with your inner emotions, so as to not be an angry co. parent would be beneficial.
- Speak about forgiveness and sacrifice (for the benefit of the children) because one parent almost always disregards the thing taught in this class.
- Suggest that both presenters stand in front of table to remove "barriers"
- The class has some good points and you can learn a lot if you are engaged and want to learn. For that reason I'm not sure if it should be required.
- The class stereotyped old school Wisconsin thinking "merry mom," Disney dad." All testimonies were with mothers saying they had the kids during the week and they visited dad. Please update as this offends me and other dads that are full capable and have kids full time where they "visit" mom. Thank you!
- The handouts did not flow with the presentations.
- There is a lot more information out there -- would be good to offer a series on co-parenting that goes into great depth.
- There was some good information that I feel would be helpful with parents that are not going through hard times but help with communication with the child.
- This class was a reminder of the importance of taking the high road even when it is difficult or hurtful to do.
- This should be available before getting married
- This should be done right away in the beginning of a divorce.
- This would of been helpful during divorce not as helpful 4 years later.
- Too long.
- Too many personal stories shared.
Suggestions/Negative Feedback (Continued)

- Too much reading the info to us. Maybe some group involvement?
- Unfaithful classes focusing on the hurt partner (what happens emotionally, mentally, physically, etc.) and classes for the hurt partner focusing on what the unfaithful partner was going through.
- We seemed to spend quite a bit of time in class on individual situations instead of tips/tools.
- Write a list of other books resources to hand out
- Thank you for not making us feel worse about being divorced. My friend took this class in another county and she felt like her kids were going to be messed up because she failed in her marriage
- Filing fees and $30 cost, cost of divorce seems like a punishment and adds stress to an already stressful situation -- practice compassion and reduce these costs!!
- I believe the class should be optional for parents with no record of violence/disagreements and cooperate with each other.
- I have a restraining order and a child protective order. I sat here waiting to see him today. In my case he didn't show. This process of mediation seems conflicting with my circumstances. Waiting for an abusive ex to show up felt like my rights meant nothing.
- I think if you are not getting along and fighting but if you are good should not have to take
- I think it should be situational, not required
- I think this class can be a drain on some individuals - if it's required it should not cost. The information should be assessed before mandating the class.
- I'm a bit negative on my reviews because the time of day sucks. I work 3rd shift and only found out a day in advance I needed to go to this.
- It's going to continue to be expensive
- Seems a little biased. If mediation will not discuss finances but those are a major problem then how can those issues be resolved?

Relationship/Interactions with Co-Parent (52 Responses)

- Work together (2X)
- More information on co-parenting and how much communication can effect a child.
- Based on parents ability to co-parent
- Been divorced since our son was a baby. We've pretty much gone through almost everything in this class. I like to think we've learned from our mistakes. We must have done enough right because our son is turning into a young man I'm proud of.
- Better ways to discuss items with other parent.
- Cooperating with co-parent.
- Co-parent
- Co-parenting conflict issues and how to communicate them
- Co-parenting is better, to our child's future.
- Even small actions in front of a child has large effects.
- Everyone has issues with co-parenting but it is possible to be successful.
- Ex-wife has an order on my other relationship.
Relationship/Interactions with Co-Parent (Continued)

- For co-parenting, you need to have good communication.
- He is not involved at all at the moment.
- He refuses to talk to me, he texts negative things to my son on cell phone, some isolation of child from mom, trying to mend this. When they talk about technology, it'd be great to note that parent - in messaging, should not use phone as a special tool that cannot be seen by other parent or to isolate child from other parent.
- Hopeful that this class will be beneficial to my ex!
- Hopefully my ex got something out of the class too.
- How co-parenting can help with situations.
- How to communicate better with the other parent.
- How to communicate with my co-parent.
- How to cooperate.
- How to co-parent for our son.
- How to treat each other when the kids are involved.
- How we speak to the co-parent and make better for the kids.
- I don't know if I can say nice things about my ex.
- I don't know if it pertains...I really wish parents would try hard to work out problems than pull the easy tab and quit their marriages. I wish we could try harder but it takes two!
- I feel like my ex-husband and I have been doing great prior to this class. It was nothing new. For those who can't get along.
- I just wish my wife would have attended the same class so we could have heard the same message. It's unfortunate that she chose not to attend today.
- I would give my left leg if it would be possible to communicate with my ex. He has never been able to communicate and if he did, it was lies. I am used to him being a parent at convenience and in and out, mostly out. I have made every decision, all apts, involvement at school. Etc.
- It would have been great to know how to handle the co-parent talking to the child about our separation and legal issues.
- Not all parents have as easy a time with their co-parent as I do. I'm lucky. And so are my children.
- Parents can agree and co-parent.
- That I need to check my emotions and develop a working relationship with my ex-partner.
- That my son's father really needs to attend this class too.
- The class was very helpful and will try some of the things I learned to get along with the other parent.
- The other parent is gone.
- The other parent should have been here to get the information that I've been giving him for months from others.
- This class is helpful but wish my ex took this seriously.
Relationship/Interactions with Co-Parent (Continued)

- This class was hard for me. I originally was more than happy to have a great co-parenting relationship with the father, but in our relationship I experienced a lot of emotional and controlling, manipulative abuse that has still not ended. I am looking into parallel parenting at this point.
- To parent as a team instead of against each other
- To try my hardest to have the best relationship I can have with my ex, and hope and pray he is involved in our unborn child's life.
- Try to work with other parent as much as possible.
- We are doing things well already. Continue to respect each other and communicate well. Consistent schedules are very important.
- We have been doing this for 10 years and we do well on parenting and agreeing - we have no problems with the children.
- We will always have a relationship with each other and want to keep it good so our kids are happy with us both.
- Work together and be positive
- Work together for the children
- Work together to do what's best for our child.
- Working together for best interest of the child
- Working together is key to our child's growth, development, emotional and physical health.
- You can learn things and to see what the kids are going through.

The Importance of Communication (44 Responses)

- Communication/communicate (19x)
- Communication is key (3X)
- Communication importance (2X)
- How to communicate (2X)
- How to communicate better (2X)
- How to talk to the other parent and my child (2X)
- Breathe and think before talking.
- Appropriate communication
- Better ways to effectively communicate with one another
- Communication is everything and personal feelings are secondary.
- Communication is key, and our relationship strongly affects our baby.
- Communication is most important
- Communication skills
- Communication values
- Communication with my children.
- Court info/communication. Would be nice to discuss activity better with example on how to problem solve issues. Even just one example would be nice from each group.
- How to effectively communicate with my partner
The Importance of Communication (Continued)

- I want to be better at communicating to their dad in a calm way.
- It has opened my eyes on how I was communicating with R---. And I will put the new info to use when I need to talk with him.
- Learning about my communication
- Make good communication
- Positive, effective communication with co-parent
- Spending more time on communication skills
- The most important thing was: communication
- To communicate with other parent to make plans about children
- Watch what you say

Class Was Not Helpful to Me (21 Responses)

- Every divorce is different, even if a child is involved, and that should be taken into consideration. I say this because I don't have visits with or custody of my child. The class is useful for some but not in my case. People in the class were very nice.
- Grief counseling or anger management classes would be much more useful
- I felt this information was minor to the info I need about my personal situation. I have a hard time talking to him because of his wife.
- If I had children that weren't turning 18 soon I could see the benefit.
- I'm a psychiatrist. I know this stuff. Nothing I'm doing is because of this class.
- It didn't apply much to me because we only talked about older children. My oldest is 2 so a lot of the stuff I didn't have anything to add. It was kinda cheesy, I thought the games were excessive.
- My ex-wife took this class 10 months before me and she did everything they teach you not to do in this class so I don't think this class really does much. I think the teacher was great and very helpful and educational but I think it doesn't do much for some people.
- My son's father saw his son 2 times in 5 months. He does not ask or talk about him - so some/most was not very helpful.
- My youngest is less than 6 months away from being 18. I feel that I could have been waived from taking this class.
- Not everybody has grief, kids were happy they were going to have two homes; this class might be helpful for wishy-washy people who believe everything spooned to them. Believe me, it's best if my ex and I never speak to each other again.
- Only somewhat worth my time. Good information it just didn't pertain to our situation exactly being that there is only one main issue that has come up and it wasn't addressed.
- Pointless for me. Thanks.
- Some things were not as relatable/informative/helpful to my specific situation, which involves abuse. It made the class a little harder.
- Some things were past tense by the time I took the course.
Class Was Not Helpful to Me (Continued)

- This class in the first half would seem not real beneficial to those who have not recently been separated or may never been together. Would be awesome to focus on communication and the children.
- This class isn't relevant to every family and situation. Also, the focus on transition or separate households shouldn't be viewed negatively.
- This class needs to be updated and it's not the same for everyone.
- This class was not useful for our situation. We have good co-parenting and home based rules.
- We've not been together for quite a while. We've already worked things out so none of the things we are doing are because of this class.
- Wish it were geared more towards teens -- tough when you don't have small children. Info not needed.

N/A, No Response, No, Nothing, Not at this Time, None (20 Responses)

Things I Am Able to Do Myself (16 Responses)

- Always be positive
- Attack the problem, not the person
- Be positive!
- Don't fight, not worth it.
- How to be a better parent
- I already practice good stuff.
- I am an adult - and a parent that already was concerned with my children.
- I am doing everything as far as being civil & communicate w/ex. He responds w/making me feel like I'm not doing what he wants. That's really hard especially when our relationship was very, very 1 sided.
- I have read mom's house, dad's house 2 times and the good divorce one time. I feel that I have taken info from those books, counselors, my teaching experience of the last ccimc class and have done everything I can to positively co-parent. This class was a great refresher. I pray my children's father feels the same.
- I hope that my situation can be solved in mediation.
- My choices and responses directly impact how my children will journey through.
- My spouse was abusive there is nothing you can say to make me think I should talk to them, let my kids be by them least of all speak positively about them.
- Stay calm!
- This class gave me a better understanding of how to handle my emotions.
- This class was great for helping me work though some of my own feelings and issues.
- To keep trying
“I” Messages (14 Responses)
- "I" messages/statements (6X)
- "I" statement to avoid future conflicts.
- Effects of "I" statements
- How divorce affects our kids. Use "I" messages
- I messages.
- The use of "I" messages
- Use "I" statements
- Use more "I" statements.
- Using the "I" statements
- How to use "I" statements

Miscellaneous (20 Responses)
- Divorce sucks (2X)
- Already took it many years ago - not if they don't have issues, or took class before
- And single parents- many great points
- Co-parenting scored low due to my situation NOT presentation.
- Graduated plan
- How does mediation work?
- How sad the effects of divorce are.
- I have not been with my children's father for more than 10 years.
- Is there any color or male mediators?
- Legal paperwork
- No contact order d/t my ex has been arrested for domestic abuse.
- Paperwork filled out correctly
- Positive parenting
- Stated mediation was one cost judge said was only valid for a few sessions and would have to pay again.
- Take the class prior to getting married.
- The court system process to child support/custody process.
- The result of a lot of my answers is because there is a no-contact.
- The struggle is REAL! Will take work
- There is/won't be/has never been contact at all - answering phones but context
Question 11: Please describe a real life example of a situation where you applied something you learned in the workshop in the last week or so. (152 Responses)

How I Talk to/with Co-Parent (26 Responses)

- Avoid conflicts, J----- wanted to argue and I told her I will not argue with you. I just wanted to see how my child was doing.
- Did not text back to keep poking going.
- Didn't get too worked up when clothes/toys don't get back to the house they came from.
- Don't fight in front of kids. Just walk away.
- During an upsetting conversation, I bit my tongue and did not let my emotions get the best of me.
- Followed the no contact except for only speaking about our child. Keeping answers short.
- He didn't attend the class so it is very hard to try to utilize tools learned. But I do continue to allow him to make his life priority so I don't upset him which destroys my life but I don't yell.
- I be careful what I write in text message.
- I don't talk to her unless I need to only about child.
- I had been frustrated with my ex-husband about how he talks to our daughter in a condescending manner. I checked my temper and made sure I had all the facts before letting my emotions cause an argument.
- I have completely shut my wife off of my social media. We are not friends on Facebook, and I communicate very little about the kids on social media.
- I ignored her stalling, whining, accusing and threatening and did my best to merely communicate politely. But that was not learned in the class that was learned from the bible about grace, love, mercy and forgiveness.
- I just don't argue.
- I just try to ignore him.
- I try to text my ex-husband instead of calling because when I call, it tends to get out of hand quickly. Texting seems to force us to think more before responding.
- Ignore him, don't let him try and control me.
- Just don't talk to other parent unless it concerns child.
- My ex attempts to engage in conflict regular. I keep my responses brief and show no emotion.
How I Talk to/with Co-Parent (Continued)

- My ex’s wife tried engaging me in an argument in front of my child and I held my tongue and said that I had nothing to say. Then she tried calling me to argue and I didn't answer. I was not going to let her say or do anything with my child present. She could follow up in an email if she needed to.
- My marriage is now a bankrupt business transaction. There is little to any conversation between us but we are civil.
- Rather than nasty phone calls I’ve decided to use text more often to eliminate negative energy in the situation.
- Several times I’ve chosen to hold my tongue instead of defending myself.
- Trying to end conversation that was negative.
- Walked away...didn't engage in fighting or left for a while to take a break and let situation cool down.
- We chose not to argue in front of the children.
- When he says "all I need to do is fall in place, I'll get my way, I had to get you court order to let me take my children to Milwaukee”. I did not give any type of response in order to avoid arguing.

Parenting Plan/Business Relationship/Work Together (23 Responses)

- After numerous requests over the months for video chatting, pictures and day care info, with avoided responses. I responded by saying something along the lines of it hurts me that our little girl is not given the opportunity to enjoy the love from both of her parents and families equally.
- Compromising having kids over holidays
- I wanted to take my children to a cottage for a few days (mini-vaca) and I asked my ex-husband in advance with the option to keep the kids longer on the days he would have them. He agreed kindly. No push back.
- I keep texting very business-like.
- In mediation I looked K----- in the eye and sincerely explained that she was a great mother!! The placement away from 50:50 is not a reflection of her directly but N--- would enjoy and has enjoyed over the past three years more time with his dad and his two older brothers.
- I've been communicating more detailed info via a communication notebook, and in a more business-like manner.
- Just by thinking about what we are going to say before actually saying it and doing what is best for our child in every situation.
- My child needs equal time with his mother and father. WE respect each other time with our son.
Parenting Plan/Business Relationship/Work Together (Continued)

- My child's father came to my house with his car seat he just got and had in front facing (our child is only 5 months old). I told him it needs to be rear facing until he is two years old. He told me his mom said it would be fine. I told him no it's not and that he needs to turn it around if he wants to take his child. I stayed calm and didn't get angry with him for not knowing that already.
- My kids wanted to go to the YMCA and library with Daddy and I told them they could ask Daddy, leaving that decision to my husband.
- On Easter Sunday, I needed to change the timeframe I was taking the kids to celebrate so I texted their father, and through acting like mature parents, the situation worked out to both of our satisfaction.
- Our daughter's grades- usually an issue, but he used to blame me getting upset with her because he thinks I am too hard on her and don't like her like the other kids. But this time he didn't do that, he was focused on her. He sees she doesn't try hard, but knows she can do better. I am happy he is focused on her. I love her like my other kids.
- Talked through disagreement without raising voices and gave each person a time to talk.
- Talking to them like a business associate.
- Thanksgiving scheduling we texted family dinner times and dates and were flexible with the schedule so kids could go to all celebrations.
- Try coming up with a situation that we both can agree on.
- We are always on good terms with one another when exchanging the children.
- We have been getting along much better since we both have taken a co-parenting class.
- We have come together and rearranged our placement so I could have some weekends with David since I started working and I work nights.
- We were able to discuss vaccinations, a topic normally filled with tension. A compromise was reached.
- We worked together to solve a problem our child was having.
- We would always help each other out with the kids with situations concerning home and school
- Work on a parenting plan and be more positive around the children

What and How Things are Said in Front of/With the Children (19 Responses)

- At Christmas she said in front of the kids, I bought their gifts for you they stay at my house. I told her that this is not being fair to the kids by making them choose which parent to favor by what we bought them for gifts.
- Don't talk bad about spouse in front of the children.
- I don't ask or say anything about my child's mother to my daughter. No comments at all or questions. I let my daughter share as she wants.
- I do not talk about the other parent in front of my child in a negative way.
- I have focused my conversation on me and not my son's mother.
- I often find something positive to say about my spouse to my children.
What and How Things are Said in Front of/With the Children *(Continued)*

- I really watch what I say when my kids are not only in the same room with me but the same household.
- My ex-wife approached me about something she disagreed with and I asked if we could discuss it at another time because our son was there.
- Not to argue in front of our children.
- Not making condescending comments about the ex in front of the children.
- Reminded other parent of children’s presence when discussion became something unhealthy.
- There's no bad talk about the co-parent.
- To not say bad things about her in front of the kids.
- Try to remember the impact on our son when raising our voice and not getting along.
- Was a great reminder why we should always speak positively about our children's mother/father.
- We almost never argue in front of our child after taking this class.
- We do not bad mouth the other parent.
- We do not focus on the details of the divorce at home.
- When I am aware that our daughter is present. I try to not discuss any issues regarding the divorce with my ex.
- When my 7 year old son asked if I was going to come home and live with daddy, I told him no. He asked why and I told him it was complicated and for the adults to talk about. I did not go into detail about the marital relationship and how it fell apart.

Put the Children First/Kids are the Priority *(12 Responses)*

- Being the bigger person and keeping kids happiness as focus. I offered to take little one during Dad's time so he could spend much needed 1:1 time with older. He didn't appreciate it, but son did.
- I continue to keep my daughters best interests forefront in my mind.
- I have always put my child's needs first in all interactions but especially in negotiating a new placement order.
- I put my feelings aside and let my daughter bring something over to her father's that I didn't want her to but I knew it was her toy and it would help her feel better at his place.
- In mediation, remaining calm and putting children first.
- I’ve made sure that I don’t question our children about their father when they come back from his house and I put a stop to other people asking or saying things to our kids also, to avoid putting them in the middle.
- Kids first
- Made everything about what's best for the children.
- My girls come first.
Put the Children First/Kids are the Priority (*Continued*)

- Not put the children in the middle of our discussions. Things get heated - I stop the conversation and walk away.
- Remind myself it's all about the kids daily
- Reminding the other parent to think of kids before saying things.

Be Aware of & Support Child’s Needs (*10 Responses*)

- Give my child space
- I tell them I love them, that this is not their fault.
- I was not concerned about getting the clothes back that I purchased for my son. They are his clothes no matter where he is staying.
- I'm not asking my son specific questions regarding his days at his dad's to make him feel like he's telling on him.
- Let child make opinions of other parent
- My daughter spends a lot of time in her room - I have to keep reminding myself this is normal teenage behavior.
- Normally, I make sure all toy/clothes I bought for my daughter stay at my place. After the class, I realized that I need her to be able to bring items back and forth even it means I might have to replace it. I'd rather her be happy and well-adjusted.
- Talking with my child. Keeping a positive attitude so she doesn't feel bad about situation.
- Trying to engage when children are mad at dad.
- We are making more compromises for the sake of our child.

Put the Children First/Not in the Middle (*9 Responses*)

- Communicated with the other parent instead of through child, very aware of this.
- Don't see that she called so she calls our son's phone to have him ask what time they were being dropped off I told him I'd call her. When I did I asked her to stop calling or texting our son to talk to me through him.
- I always put paperwork in her mailbox so that the kids never have to give her envelopes, money, etc.
- I was going to have my son tell my ex something but then decided to just text it instead.
- Instead of sending bills with the kids, I send them in the mail.
- My daughter comes home and has "messages" to give me. I now tell her thank you and I will follow-up with her father myself.
- Not having my daughter as a messenger
- Not using children as a messenger. My ex-wife has not taken the class, and she continually uses our oldest son to communicate with me.
- Not using the children to elicit information about the ex-spouse's situation.
Have Not Applied Anything From the Workshop in the Last Week (9 Responses)

- Have not had an opportunity to use anything I learned in the class. I'm still waiting and hoping for the chance to meet my daughter. The class was very informative.
- Haven't needed anything.
- Haven't used anything from class—we already communicate & co-parent well.
- I can't recall a specific incident.
- I have not.
- I haven't.
- Nothing has come up. I have sole custody at this time.
- Nothing really has come up - when E---- is with me I decide when E---- is with J--- he decides.
- Nothing. It is all common sense. The class wasn't even about the parents who ARE together. It was all about single mothers and fatherless homes.

Feelings/Emotions (8 Responses)

- Asking my children their feelings.
- Attention with children (feelings)
- Had more compassion for my children in regards to their mother.
- I think of my child's feelings about before I speak to her mother.
- Take more time to talk to the kids and their feelings about everything.
- They are told to share their feelings about anything.
- Patience
- While going through mediation I have set my emotions aside to really focus on what's best for our child.

Communication (6 Responses)

- Communicate better
- Communicate in a positive fashion using text in a friendly manner.
- I have used the text messages. I have received. I have modified some of them to fit our situation, and have seen some good improvement with my son and me. Thank You!
- The communication tips are very helpful.
- We have always used pretty good communication because our daughter is what's important.
- We openly communicate with each other about activities that the children are participating in and help each other in staying in tune with what is going on with each child.
“I” Messages (6 Responses)

- I am a teacher and work with "I" statements there. I hadn't thought of using it with my spouse. It seems to diffuse the emotion and helps us have more effective communication.
- I keep the "I" message card on my refrigerator to remind me to say how to rephrase how I feel.
- I used "I Statements" with my 17 year old, to try reasoning with him. He told me to stop using psycho-babble with him.
- Using "I" statements instead of "you" statements.
- "Utilizing I statements without saying "'you'" in the sentence.
- When texting using "I" statements and "can this happen"

Positive Feedback (6 Responses)

- All of the stuff in the class I knew already, but I still found it very helpful.
- Everyone did a great - great job! I learned a lot, I took a lot of notes and will apply what I learned to my daily life with son and his dad.
- I found the class to be extremely educational and helpful in my co-parenting since my divorce. I think this class should be required for every couple who goes through a divorce (All counties).
- I just liked the reminder that you can only control what you do. I stay focused on that.
- The class was very helpful.
- We've been using the information from the class every day. The class was very beneficial. I wish other family members could take the class so they could see how to act appropriately for my kid's sake.

Negative Feedback/Suggestions (4 Responses)

- By selecting candidates it applies to.
- Shorten the length.
- The workshop I attended started at 9:00 am. People were coming in 15 - 20 minutes late, very disruptive.
- To be honest at my age I got nothing from the class.
Miscellaneous (14 Responses)

- He wanted to tell me how I could not take the kids with me to my uncle's funeral. But I told him that they were going and there is nothing he could do about it.
- He went on a trip and he called the kids to talk to them a few nights he was gone. I let the kids talk to him. It is in our judgement that I'm able to talk to the kids on his weekend. Ever since mediation now, he won't answer.
- I haven't had contact with other parent for six months prior to court. Children were 1 yr. and an infant when we lived together. Not aware of arguments at the time.
- I try not to worry so much about what my ex is doing and instead focus on what I need to do to raise our child successfully.
- I try to use what I have learned as often as possible. My ex-partner has not taken the class and is therefore still instigating often. She has even hit and scratched me.
- I've started exercising regularly.
- My ex refuses to take responsibility for her half of the costs associated with the raising of our son. Court ordered. However, I chose to take the responsibility as mine, avoid conflict and let the court decide when the time comes.
- My husband has been arrested for domestic abuse. He currently has a no contact order. This survey does not really apply at this time.
- No contact order. Create new traditions with my son and to be flexible with Holidays and dates but not too flexible to keep order and security of a schedule.
- Our son has a backpack with a planner and communication book.
- Parentification - Learned the term and concept during class. Identified it happening, pointed out to the other parent and discussed.
- Reaching out to professionals (counselor and attorney) for advice.
- The father of my daughter is always upset that I pick up our daughter from daycare after work on his days while he is still at work. He said I can't do that. This class taught me it's in the child's best interest to maximize parent’s time. So I continue to pick her up early now.
Question 15: Is there anything else you would like to tell us? (70 Responses)

Positive Feedback (36 Responses)

- Bev did a great job!
- Bev was a great educator and is very successful at relaying this topic.
- Great class - Thank you!
- Great instructor!
- GREAT teacher!
- I also liked the project where you wrote down all the things you want and desire for the child in the heart. A few more of those especially at the final session before the parent leaves. Allowing them to reflect on their drive home to see their love. And well if they don't reflect and work to change they will be back until their case is settled.
- I appreciated the class. I did not know it all.
- I enjoyed having Bev Doll as an instructor. She's very compassionate and informative. She truly cares about what she does. Thank you Bev!
- I felt it was well done.
- I found the class to be informative and helpful.
- I think this class should be taken within the first month of filing for a divorce. Not at the end.
- I think it was excellent for people to keep perspective about what matters.
- I think it was great! Wished we both could have taken the class before we divorced. Maybe we wouldn't have divorced.
- I thought the videos were vivid enough to show the effect of divorce on children. It helped my spouse see our situation from a different point of view.
- I was pleasantly surprised by how useful the information turned out to be.
- I'm glad this class was required and I learned more than I thought I would.
- It was a good class. It should be mandatory for parents who are able (no restraining orders) to attend the class together so both parents have the same message at the same time.
- Inviting, down to earth, nonjudgmental staff facilitated open group dialogue within the class to hear other people's issues and provide the parent reflective criticism.
- It was good and interesting materials. However without my ex's support or understanding I can only ensure I do my part to not put my daughter in the middle.
- Jane is a very wonderful person and did a great job as the instructor of the class.
- No, you did a good job.
- Projects
- Really good class
- She made it fun and it helped.
- Thank you!
- Thanks.
- Thanks Bev.
- The class was very helpful. Thank you.
Positive Feedback (Continued)

- The class was well worth the time and I was glad I took it.
- The group setting
- The part of video where children gave their real life account of effects of divorce was impactful.
- The resources provided through this course were very useful.
- This class was helpful.
- This was a very good class.
- This was a good class and gave a lot of information on how to be better parents. I've been trying to keep all of it in mind while dealing with my ex-husband.
- We took this class together. Because we were there at the same time we both found it helpful to discuss later together. I would recommend parents take the class together. You have to co-parent even if you are divorcing. It was beneficial to hear the information at the same time.

Negative Feedback/Suggestions (25 Responses)

- #15 and 20 make no sense as an option question. Learn to appropriately phrase questions.
- But I don't necessarily agree with it being mandated to couples who have had no conflict in the divorce process.
- Class could be improved if you made other person not interrupt.
- Don't make it mandatory. Pretty good waste of an afternoon.
- I don't think attendance alone is sufficient. There should be a test/quiz that attendees must pass for credit of being there. I truly felt that my son's mother was only there because she had to be.
- I felt the cost could be raised for what was taken and additional funds could allow less fortunate parents a payment plan and or the potential to have a baby sitter. The people who want to drag it out will be back paying class dues on a weekend morning.
- I honestly think it should be mandated and required to be scheduled within 30 days and instead of 2 sessions it should be a required to attend at least 2, 2hr sessions a month throughout your individual case.
- I got out 10 minutes late the first week and 15 minutes late the second. The class should be let out at the scheduled time.
- I think my husband should've had to take this class, a lot of the situations we encounter are covered and he hasn't taken the class since 2006.
- I think it would be helpful to include the other parent in this class somehow. Maybe have an assignment that needs to be done together. Maybe have a 3rd class that both parents come to. It could really be helpful in getting everyone on the same page for the children.
- I think significant others should be required to take this course.
- I think the class should be offered but not required
- If possible move them to the weekend mornings or something.
Negative Feedback (Continued)

- In domestic abuse cases -- especially, but attending the seminar may be easier if not attending with the other parent. (After seminar it was pointed out things I was doing wrong.)
- It would be better if it were held on a weekend.
- It's long and reading to us boring.
- May be beneficial to explain the process of mediation more as well as stress that the child’s best interests should be considered.
- More relevant material in regards to technology.
- Most of this review of the reading I had done on co-parenting.
- Noisy A/C in back of room drowned out much of class, really hard to hear.
- Other parent likes to set own rules. Maybe more could be taught on following parenting plans.
- Talk more about no contact and how to get along better and communicate better when there is one. It's hard to answer some of these questions when there is a no contact in place when a lot of these questions involve interacting with the other parent.
- That these questions don't have much merit because there's different levels to those questions and if the system wasn't made for and cater to the female, maybe she wouldn't be so controlling and manipulative and work the system just to hurt me. A male presence in general and more real life talk then just books would improve the class.
- The class really doesn't address dealing with an abusive spouse. Help for recognizing dealing with and addressing parenting issues with an abuser. Abusers put on a good face in front of others and they usually request mediation because they can still manipulate and control. There needs to be help available to the parent who is being abused to learn how to deal with this.
- The class was good but I think one on one mediation will benefit us more.

No/Negative Co-Parent Interactions (9 Responses)

- I've had no contact / he does not see the children, hard to relate to questionnaire.
- My situation with my husband wasn't as bad as many others, due to the fact that with our scheduling of jobs we barely saw each other. But...I do believe this is a great class for people who were or around one another more often.
- She is in California. She has not spoken to our children since last November. I feel that this survey will not give accurate or consistent results due to my situation. Good class though.
- She likes to fight with me and starts arguments in front of our daughter.
- The class was fine. Good advice, but my situation makes it difficult to apply. My husband is 1,300 miles away, and he rarely answers a call or text message from me or my sons. He never initiates any communication with us. It is impossible to create a parenting plan with a person I haven't communicated with in over a month. I told him about the class, asked if he had taken it, and got no reply.
No/Negative Co-Parent Interactions (Continued)

- The other parent and I just avoid each other.
- This class and its intent seem to have a "catch-22" effect when only one parent abides by these morals. There doesn't seem to be a productive way to deal with "the other parent" if they do not (or are incapable of) abide by these morals. Court action usually aggravates "the other parent," the court and the G.A.L. So education about what the parent can/should do/use legally or personally in those situations about "the other parent" may help, or getting the court to care more about these "catch-22's" may help too.
- We have no communication on a regular basis. Just when my husband want to or needs to talk (text) about what he wants.
- We're really struggling to co-parent as there is so much tension and hurt feelings. I can't trust him at all. I would like to be able to take a co-parenting course together so we can hear the same information and have a facilitator who can guide the process.

Focus on the Children (1 Response)

- I only speak about problems that his dad has brought up to him to explain to him in a 10 year-old way. Then I explain he doesn't need to worry about it.

No/Nothing (1 Response)

- Not that I can think of.
Question 20: For which of the following reasons have you been asked to take this Co-parenting class? (If you do not know or do not need this information in your county, you may skip this question.) – Other (19 Total Responses)

- Court 17x
- Separation
- Unmarried custody
Appendix B – Quantitative Summaries

Co-Parenting Class - Form-A

1. Today’s date: Various

2. For which of these reasons were you asked to take this class? (check one)

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<th>Paternity</th>
<th>Other (See Appendix A)</th>
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3. Your age:

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4. Your sex:

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<thead>
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<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>672</td>
<td>760</td>
</tr>
</tbody>
</table>

5. Number of children:

<table>
<thead>
<tr>
<th>1 Child</th>
<th>2 Children</th>
<th>3 Children</th>
<th>4+ Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>501</td>
<td>557</td>
<td>248</td>
<td>130</td>
</tr>
</tbody>
</table>

6. The child’s other parent and I (check one)

<table>
<thead>
<tr>
<th>Never a Couple</th>
<th>Couple, Didn't Live Together</th>
<th>Lived Together, Not Married</th>
<th>Married</th>
</tr>
</thead>
<tbody>
<tr>
<td>26</td>
<td>23</td>
<td>173</td>
<td>1217</td>
</tr>
</tbody>
</table>

7. If you were you married or partnered, was it for more than one year?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1266</td>
<td>66</td>
</tr>
</tbody>
</table>

8. If yes, how many years were you married or partnered:

<table>
<thead>
<tr>
<th>Under 1 Year</th>
<th>1 Year</th>
<th>2 - 5 Years</th>
<th>6 - 10 Years</th>
<th>11 - 15 Years</th>
<th>16 - 20 Years</th>
<th>21 - 30 Years</th>
<th>31 - 40 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>19</td>
<td>315</td>
<td>362</td>
<td>273</td>
<td>192</td>
<td>92</td>
<td>6</td>
</tr>
</tbody>
</table>
9. If you were married, how long ago was your divorce filed with the court?

<table>
<thead>
<tr>
<th>Months</th>
<th>0 Months</th>
<th>1 - 3 Months</th>
<th>4 - 6 Months</th>
<th>7 - 12 Months</th>
<th>13 - 24 Months</th>
<th>25 - 48 Months</th>
<th>49+ Months</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>18</td>
<td>518</td>
<td>327</td>
<td>144</td>
<td>25</td>
<td>11</td>
<td>29</td>
</tr>
</tbody>
</table>

10. Were you required by the court to take this course?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1367</td>
<td>67</td>
</tr>
</tbody>
</table>

11. Please rate the level of conflict between you and your ex-partner in the last month (check one):

<table>
<thead>
<tr>
<th>Conflict Level</th>
<th>Little/No Conflict</th>
<th>Regular/Minor Conflict</th>
<th>Raised Voices</th>
<th>Threats/Physical Altercations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>471</td>
<td>554</td>
<td>323</td>
<td>76</td>
</tr>
</tbody>
</table>

12. Please describe one thing you plan to differently because of this class.

See Appendix A

As a result of this class...

<table>
<thead>
<tr>
<th>Description</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>13. I will make a stronger effort to work with my child’s other parent.</td>
<td>14</td>
<td>32</td>
<td>603</td>
<td>784</td>
</tr>
<tr>
<td>14. My child’s other parent and I are likely to argue even more than before.</td>
<td>420</td>
<td>597</td>
<td>107</td>
<td>58</td>
</tr>
<tr>
<td>15. I will keep my emotions in check while talking with my child’s other parent.</td>
<td>5</td>
<td>29</td>
<td>678</td>
<td>728</td>
</tr>
<tr>
<td>16. I will avoid asking my children about their other parent’s relationships.</td>
<td>17</td>
<td>42</td>
<td>423</td>
<td>692</td>
</tr>
<tr>
<td>17. My ex-partner and I will develop a plan for things like our child’s holiday schedule.</td>
<td>25</td>
<td>82</td>
<td>608</td>
<td>713</td>
</tr>
<tr>
<td>18. I will ask my child to carry a message to their other parent.</td>
<td>786</td>
<td>307</td>
<td>55</td>
<td>41</td>
</tr>
<tr>
<td>19. I will say positive things to my child about their other parent.</td>
<td>9</td>
<td>66</td>
<td>620</td>
<td>724</td>
</tr>
<tr>
<td>20. I will avoid raising my voice with my child’s other parent when in front of the children.</td>
<td>20</td>
<td>27</td>
<td>438</td>
<td>937</td>
</tr>
<tr>
<td>21. I am more likely to cooperate with my child’s other parent on parenting issues.</td>
<td>16</td>
<td>58</td>
<td>711</td>
<td>645</td>
</tr>
</tbody>
</table>
People get information on co-parenting from many sources.

<table>
<thead>
<tr>
<th>For advice on co-parenting your children, how useful are...</th>
<th>Not Used</th>
<th>Not Useful</th>
<th>Somewhat Useful</th>
<th>Very Useful</th>
</tr>
</thead>
<tbody>
<tr>
<td>22. Your relatives</td>
<td>119</td>
<td>117</td>
<td>557</td>
<td>363</td>
</tr>
<tr>
<td>23. Your friends</td>
<td>106</td>
<td>125</td>
<td>611</td>
<td>306</td>
</tr>
<tr>
<td>24. Your lawyer or mediator</td>
<td>346</td>
<td>131</td>
<td>415</td>
<td>232</td>
</tr>
<tr>
<td>25. Individual counseling</td>
<td>457</td>
<td>82</td>
<td>298</td>
<td>273</td>
</tr>
<tr>
<td>27. The internet</td>
<td>351</td>
<td>163</td>
<td>478</td>
<td>134</td>
</tr>
<tr>
<td>28. This Co-Parenting class</td>
<td>40</td>
<td>31</td>
<td>463</td>
<td>625</td>
</tr>
</tbody>
</table>

29. Overall, the program was worth my time.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1094</td>
<td>85</td>
</tr>
</tbody>
</table>

30. I think the program should be required for divorcing or separating parents.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>788</td>
<td>83</td>
</tr>
</tbody>
</table>

31. Anything else you’d like to tell us?

See Appendix A
Co-Parenting Class Follow-Up - Form-B

1. Today’s date: Various

2. For which of these reasons were you asked to take this class? (check one)

<table>
<thead>
<tr>
<th>Divorce</th>
<th>Paternity</th>
<th>Other (See Appendix A)</th>
</tr>
</thead>
<tbody>
<tr>
<td>102</td>
<td>18</td>
<td>26</td>
</tr>
</tbody>
</table>

3. Your age:

<table>
<thead>
<tr>
<th>20 or Less</th>
<th>21 - 30</th>
<th>31 - 40</th>
<th>41 - 50</th>
<th>51 - 60</th>
<th>60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>36</td>
<td>67</td>
<td>47</td>
<td>12</td>
<td>1</td>
</tr>
</tbody>
</table>

4. Your sex:

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>61</td>
<td>106</td>
</tr>
</tbody>
</table>

5. Number of children:

<table>
<thead>
<tr>
<th>1 Child</th>
<th>2 Children</th>
<th>3 Children</th>
<th>4+ Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>61</td>
<td>73</td>
<td>23</td>
<td>8</td>
</tr>
</tbody>
</table>

6. The child’s other parent and I (check one)

<table>
<thead>
<tr>
<th>Never a Couple</th>
<th>Couple, Didn't Live Together</th>
<th>Lived Together, Not Married</th>
<th>Married</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>5</td>
<td>22</td>
<td>136</td>
</tr>
</tbody>
</table>

7. If you were you married or partnered, was it for more than one year?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>154</td>
<td>9</td>
</tr>
</tbody>
</table>

8. If yes, how many years were you married or partnered:

<table>
<thead>
<tr>
<th>Under 1 Year</th>
<th>1 Year</th>
<th>2 - 5 Years</th>
<th>6 - 10 Years</th>
<th>11 - 15 Years</th>
<th>16 - 20 Years</th>
<th>21 - 30 Years</th>
<th>31 - 40 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>0</td>
<td>36</td>
<td>41</td>
<td>31</td>
<td>35</td>
<td>12</td>
<td>2</td>
</tr>
</tbody>
</table>
9. If you were married, how long ago was your divorce filed with the court?

<table>
<thead>
<tr>
<th>Months</th>
<th>0 Months</th>
<th>1 - 3 Months</th>
<th>4 - 6 Months</th>
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<th>13 - 24 Months</th>
<th>25 - 48 Months</th>
<th>49+ Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Months</td>
<td>3</td>
<td>35</td>
<td>54</td>
<td>26</td>
<td>3</td>
<td>6</td>
<td>8</td>
</tr>
</tbody>
</table>

10. Were you required by the court to take this course?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>157</td>
<td>12</td>
<td></td>
</tr>
</tbody>
</table>

11. Please rate the level of conflict between you and your ex-partner in the last month (check one):

<table>
<thead>
<tr>
<th>Conflict</th>
<th>Little/No Conflict</th>
<th>Regular/Minor Conflict</th>
<th>Raised Voices</th>
<th>Threats/Physical Altercations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>59</td>
<td>61</td>
<td>39</td>
<td>9</td>
</tr>
</tbody>
</table>

12. Please describe one real-life example from the last month of a situation where you used something you learned in this class.

*See Appendix A*
Please circle the number that best describes the situation between you and your child’s other parent BEFORE you took the class and AFTER (in the last few weeks).

<table>
<thead>
<tr>
<th>BEFORE taking the class</th>
<th>Almost never</th>
<th>Sometimes</th>
<th>Often</th>
<th>Almost Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>13. The child’s other parent and I argue in front of our children.</td>
<td>65</td>
<td>63</td>
<td>28</td>
<td>12</td>
</tr>
<tr>
<td>14. I talk with my child about problems I’m having with their other parent.</td>
<td>115</td>
<td>47</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>15. I keep my emotions in check when talking with the other parent.</td>
<td>14</td>
<td>62</td>
<td>47</td>
<td>39</td>
</tr>
<tr>
<td>16. I say positive things to my child about their other parent.</td>
<td>25</td>
<td>52</td>
<td>48</td>
<td>36</td>
</tr>
<tr>
<td>17. I ask my child(ren) to take messages to their other parent.</td>
<td>112</td>
<td>25</td>
<td>13</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AFTER taking the class (in the past few weeks)</th>
<th>Almost never</th>
<th>Sometimes</th>
<th>Often</th>
<th>Almost Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>18. The child’s other parent and I argue in front of our children.</td>
<td>120</td>
<td>37</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>19. I talk with my child about problems I’m having with their other parent.</td>
<td>144</td>
<td>21</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>20. I keep my emotions in check when talking with the other parent.</td>
<td>15</td>
<td>33</td>
<td>45</td>
<td>66</td>
</tr>
<tr>
<td>21. I say positive things to my child about their other parent.</td>
<td>13</td>
<td>53</td>
<td>43</td>
<td>52</td>
</tr>
<tr>
<td>22. I ask my child(ren) to take messages to their other parent.</td>
<td>113</td>
<td>21</td>
<td>10</td>
<td>9</td>
</tr>
</tbody>
</table>

23. The child's other parent and I have a written Parenting Plan to help us organize things and avoid arguments.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>48</td>
<td>68</td>
</tr>
</tbody>
</table>