

# TRAINING SYLLABUS

## ROADMAP TO HEALTHIER CO-PARENTING

The goal of the Roadmap to Healthy Co-Parenting course is to synthesize the essential elements of co-parenting in a way that helps parents transition from their past relationship to the “new” co-parenting relationship by starting with the improvement of self. We realize that this can seem like a massively overwhelming task for some parents, so we’ve broken the content down into five learning areas that capture what it takes to obtain and sustain healthier co-parenting.

The training course is designed as a self-help program for parents seeking knowledge and tools that they can implement immediately. Parenting Partners will find realistic, practical strategies, coaching, and guidance from our certified trainers. These skills can successfully be applied in relationships with your parenting partner, children, family members, and co-workers.



**This co-parenting program is not a substitute for counseling or psychotherapy. It is intended to be educational in nature to teach concrete, practical skills to be a healthier parent and parenting partner in raising children of all ages.**

### WEEK 1

#### WELCOME & ORIENTATION

1. Take the Koh-Parenting Pledge<sup>1</sup>
2. Complete Koh-Parenting Assessment (General Questions)
3. Attend Live Coaching Session<sup>2</sup>

### WEEK 2

#### LEARNING AREA #1: WHAT IS CO-PARENTING?

1. Complete Koh-Parenting Assessment (Past History of Parenting)<sup>3</sup>
2. Complete Learning Area #1, which covers legal co-parenting plans, the Koh-Parenting roadmap, and how it can be used along with or as a stand-alone plan, the rights and responsibilities of a co-parent, and how background and past history of parenting impact current parenting and co-parenting.
3. Attend Live Coaching Session<sup>2</sup>

### WEEK 3

#### LEARNING AREA #2: THE CO-PARENT ROLE MODEL

1. Complete Koh-Parenting Assessment (Role Modeling & Single Parenting)<sup>3</sup>
2. Complete Learning Area #2, which covers the importance of being the best role model in all areas of your child’s life, the importance of male role modeling, and the impacts of single parenting.
3. Attend Live Coaching Session<sup>2</sup>

## WEEK 4

### LEARNING AREA #3: EMPATHY, COMMUNICATION, & CONFLICT RESOLUTION

1. Complete Koh-Parenting Assessment (Empathy, Communication, & Conflict Resolution)<sup>3</sup>
2. Complete Learning Area #3, which covers the importance of empathy and how to increase it, empathic listening and communication, assertive communication, harmful communication styles and remedies to overcome them, and useful things to say during conflict.
3. Attend Live Coaching Session<sup>2</sup>

## WEEK 5

### LEARNING AREA #4: MANAGING STRESS:

1. Complete Koh-Parenting Assessment (Managing Stress)<sup>3</sup>
2. Complete Learning Area #4, which covers how to deal with and manage stress, the difference between being stressed and being stressed out, how stress impacts your physical and mental health, and financial stress.
3. Attend Live Coaching Session<sup>2</sup>

## WEEK 6

### LEARNING AREA #5: DEFINING THE "NEW" CO- PARENTING RELATIONSHIP

1. Complete Koh-Parenting Assessment (Defining the "New" Co-Parenting Relationship)<sup>3</sup>
2. Complete Learning Area #5, which covers how to define the "new" co-parenting relationship between you and your parenting partner. You will also learn how to conduct the new relationship conversation, what topics you should include in the conversation, and how to set boundaries to accept the change.
3. Attend Live Coaching Session<sup>2</sup>

## WEEK 7

### PROGRAM WRAP-UP

1. Take the final exam<sup>4</sup>
2. Complete the course evaluation
3. Prepare questions for live Q&A
4. Community Access<sup>5</sup>
5. Attend Live Coaching Session<sup>2</sup>

<sup>1</sup> Koh-Parenting Pledge: You must first commit to yourself that you will do what it takes to become the best co-parent you can be while putting your child first

<sup>2</sup> Live coaching sessions are required and will be done via Zoom.

<sup>3</sup> Koh-Parenting Assessments: The purpose of this exercise is to examine yourself and give an accurate account of how you parent your children at the present moment. This self-assessment will require you to be as honest as possible with yourself.

<sup>4</sup> Final Exam: The exam consists of 50 multiple-choice questions. You must score 70% to pass the exam.

<sup>5</sup> Community Assess: The online community was created to give alumni of the course a safe space to share their experiences, thoughts, and ideas around the topic of co-parenting with a certified co-parenting coach and other parenting partners