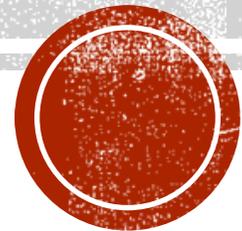


# FACILITATING HEALTHY RELATIONSHIPS AND CO PARENTING DISCUSSIONS...

**Jason Seals**

Professor of African American Studies

Merritt College



# TESTIMONY...



# OBJECTIVES . . .

- Explore **trauma and challenges** that create and maintain **toxic** co-parenting relationships
- Understand lifelong **impact** of toxic co-parenting relationships on **children**
- Identify **strategies** for keeping *co-parenting discussions positive* so groups do not devolve into “mom-bashing sessions”
- Identify **best practices** for *redirecting* healthy relationship discussions away from the toxic behaviors of co-parents towards practices and behaviors that cultivate and build healthy relationships between co-parents
- Develop **ground rules that help healthy relationship group discussions** stay focused on the well being of children and the development of healthy co-parenting partnerships



# REFLECTIVE QUESTIONS...

- What's needed to support the healthy development of children ?
- What behaviors should the parents employ to nurture healthy development?



# HEALTHY CO-PARENTING...

- Boundaries
- Respect
- Consistent Schedule
- Consistent Communication
- ***Non Violent Communication***
- Child Centered/ Conscious Parenting
- Flexibility
- Self Awareness/ Self Control
- Community or Support Network
- Financial Agreement



# NON VIOLENT COMMUNICATION...

- Clearly expressing how **I am** without blaming or criticizing
- Receiving how **you are** without *hearing* blame or criticism



# NON VIOLENT COMMUNICATION...

- **Observe...** what do you see, hear or remember *without judgement*
- **Identify...** what are your feelings? Specific emotions?
- **Need...** what need is not being met? What is needed?
- **Request...** what actions would you like taken?



# CO-PARENTING VS. PARALLEL PARENTING...

## Co-Parenting

Parents *work together* to create a common parenting vision and provide *consistent expectations or routines in both homes.*

## Parallel Parenting

Each parent is “free” to parent as he/she see fit within reason, *regardless of expectations or routine in the other home.*

Goal-reduce conflict, provide parenting w/o interference



# EXAMPLES . . .

## Co Parenting

- Child is not allowed to attend sleepovers
- Child attends church every Sunday regardless of home
- Bedtime is always 8pm, at both homes
- Parents attend teacher conference together

## Parallel Parenting

- Child may not attend sleepovers while staying at one home, but may do so while at the other
- Child attends church every Sunday while at one home, not while at the other
- Bedtime at 8pm at one home, bedtime at 9pm at other home
- One parent attends teacher conference, other sends email update or parents attend different conference times



# PARALLEL PARENTING TIPS...

- **Acceptance** (*you can't control every situation, let go of trying to be right*)
- **Minimal Interaction** (*safe visitation, drop off, and pick up location*)
- **Keep Communication Business Like** (*It should be concise, to the point, and unemotional*)
- Use email, text message or parenting app (*for schedules, medical appointments, expenses etc.*)
- **Shift Conflicts to Learning Opportunity** i.e. if your kid struggles with your ex's behavior, try to focus on the lesson and not the behavior itself



# HEALTHY PARENTING / CO PARENTING GROUP...

**Psychoeducational-** focus on emotional experience, cognitive/emotional processing and skill building

**Skill Building-** establish a supportive learning environment to develop behaviors and skills through role play, scenarios and experiential learning



# **ROLE OF FACILITATOR... EST. CULTURE OF THE GROUP...**

- Establish Norms i.e. one voice, confidentiality, structure of group etc.
- Establish Rituals i.e. check in questions, ice breakers, music, etc.
- Establish Agreements
- Determine Room/Chair Arrangement
- Create Group Experience, music, scent, food, etc.
- Create and Maintain Safety



# STRATEGIES FOR HEALTHY GROUPS...

## Tools

- Process and Skill Building (with thoughtful transitions)
- Role Play Conversations, Happy and Difficult Moments
- Build Emotional Intelligence
- Explore Types of Conflicts and Conflict Resolution
- Compliment & Praise
- Reframing
- Community Perspective
- Celebrate Parental Success



# CONTINUED . . .

## Topics

- Discuss Healthy Co Parenting
- Explore Parental Role
- Discuss and/ or Teach Types of Attachment Style, Love Language, etc.
- Explore the Meaning of a Good Parent and/ or What Makes Fathers Feel Like Good Parents
- Discuss Child Development/Needs
- Forgiveness, Accountability and Acceptance



# RETURN OF THE "G"

“Return of the gangsta thanks ta'  
them niggas who got them kids  
who got enough to buy an ounce  
but not enough to bounce them kids to the zoo  
or to the park so they grow up in the dark never  
seein' light so they end up being like yo' sorry ass  
robbin' niggas in broad ass daylight get down”

Andre 3000



# CONSCIOUS PARENTING...

- Being a conscious parent is all about **building strong, sustainable bonds with your children through mindful living and awareness**, this helps you develop a positive *emotional connection* with your child.



## Erikson's Stages of Psychosocial Development

Approximate Age	Psycho Social Crisis
Infant - 18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5 -13 years	Industry vs. Inferiority
13 -21 years	Identity vs. Role Confusion
21- 39 years	Intimacy vs. Isolation
40 - 65 years	Generativity vs. Stagnation
65 and older	Ego Integrity vs. Despair



# RESOURCES . . .

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