

## Parallel Parenting: When Co-Parenting May Be Too Much to Expect

Beyond the Bench 21  
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## Parallel Parenting

- What is it?
- Why use it?



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## Introduction & Engagement

- Court mediation
- Court education program
- Community, court-connected program



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### Court Mediation

- Mediator experience leading to "parallel parenting"
- Realistic
- 3 x 5



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### Connie Ahrons Spectrum

- Fiery Foes
- Angry Associates
- Parallel Parents\*
- Cooperative Colleagues
- Perfect Pals



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### John Gottman

Four Horseman of the Apocalypse

- Criticism
- Defensiveness
- Stonewalling
- Contempt



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## Services to Enhance Parenting (STEP)

- Funded by First Five
- Work with parents who want to improve their co-parenting skills and have children from 0 to five years old.
- Attend co-parenting class for 6 weeks.
- Parenting specialist assigned to case manage their co-parenting relationship



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## Succeed Seminar

- Historical Context
  - Research
  - Funding
  - Court collaboration and mandate
  - Gender Balanced Team Facilitators
  - Parents of same child(ren) enrolled in different classes



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## Succeed Seminar

- Overarching Goals
- Information and Ideas
- Shared experience



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### Small Group Exercise

- Describe a mediation situation when you realized co-parenting wasn't a good match.
- Share interventions and/or programs



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### Practice Tips

"ABC of Minimum Communication"

- A =
- B =
- C =



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### More Practice Tips

- 3 x 5 index card
- "Exceptions"
- Timer



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## Resources

- <http://www.userniche.com/LoveAndDivorce/ASP/UserNicheMainPage.asp?ID=60#segregated>
- [http://bpdfamily.com/message\\_board/index.php?topic=144743.msg1409090.topicseen](http://bpdfamily.com/message_board/index.php?topic=144743.msg1409090.topicseen)
- <http://www.outofthefog.net/SeparatingAndDivorcing/ParallelParenting.html>
- [http://coloradocoparenting.com/Articles/PDF/POINTERS\\_FOR\\_PARALLEL\\_PARENTING.pdf](http://coloradocoparenting.com/Articles/PDF/POINTERS_FOR_PARALLEL_PARENTING.pdf)
- <http://www.theartofloveandintimacy.com/2007/03/four-horseman-of-apocalypse-john.html>




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## Post Conference Follow Up

- Moodle
- Action Log




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## Presenter Contact Information

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