

## Benefits of a Parenting Class

Being a parent is the most important job you'll ever have and yet very little training is available. Classes are presented in a discussion group setting and offer a practical and realistic approach to parenting. Surrounded by other parents with similar concerns, you are supported and encouraged in your efforts. Here are some statements from participants of the class...

*"My children are different. Even my next door neighbor said she knew I was doing things differently."*

*"It's changed me! It's taken the focus more off of me and put it on, 'Where do my kids fall into play here?'"*

### Living Apart – Parenting Together

Is supported by the "Parents Forever" curriculum, designed and tested by the University of Minnesota and distributed by the University of Minnesota Extension Service.

Contact your local office or visit [www.ext.vt.edu](http://www.ext.vt.edu) and discover the wealth of knowledge available from Virginia Cooperative Extension.

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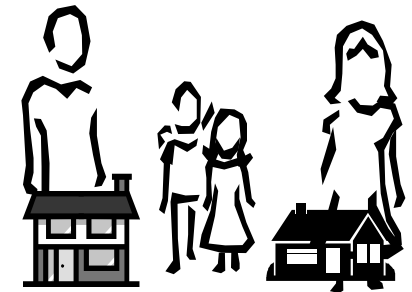
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# LIVING APART PARENTING TOGETHER

## Strengthening Families Through Education



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Virginia Cooperative Extension

*Serving Caroline, King George, Spotsylvania,  
Stafford and surrounding counties*

Fewer than half of America's children can expect to live in a home with both of their biological parents, whether their parents are divorced or were never married. When parents cannot work constructively through custody, child support, and other issues, research shows that, on average, their children get sick more often, get in trouble more, get lower grades, and have more trouble making friends.

**Living Apart – Parenting Together** is a four-hour course that encourages parents to make parenting decisions without putting their children in conflict. The class meets the parent education guidelines established by the Supreme Court of Virginia.

#### FEE

The fee includes all class materials.

#### GROUP LEADERS

Groups are lead by a team of instructors with experience and knowledge of the issues facing parents living apart.

#### SCHEDULE

Call for times and locations near you. New classes usually begin every month and are scheduled throughout the state.

#### REGISTRATION

To register or for more information, contact the Extension Office nearest you.

## The Impact of

# Living Apart – Parenting Together will help parents understand...

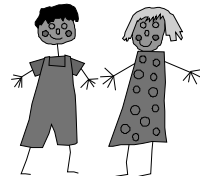
## Divorce/Separation on Adults



Learn to cope with stress and anger while progressing through the stages of divorce/separation.

## The Impact of Divorce/Separation on Children

Learn ways to help your child through the transition and help them regain a sense of stability.



avoid children



Learn ways to placing in the

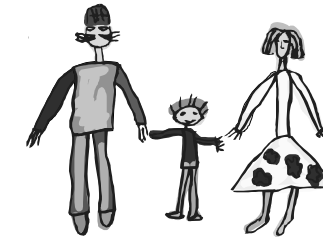
uncomfortable role of being in the middle of parental conflict created by the emotions of the moment.

## Parenting Styles and Parallel Parenting



Learn how to complement each other's parenting style and find cooperative approaches that work.

## Communication Techniques



Learn to improve communication skills with the other parent and your child to make the

transition as easy as possible.

## Additional Support for Families



Learn about community resources that assist families.