



# **coparenting**

**Coordinated. Cooperative. United.**

## **Parent Workbook and Syllabus for Delivery Type 1: Supplemental Extensions**

**This is an extension of a hybrid implementation of one of the Thrive Initiative core, universal parenting programs that should be delivered to an existing group.**





## Summary of Training

Use this summary to help you track your completion times for sessions and meeting dates, times, and location(s).

### Thrive Initiative Course Registration

Due Date	
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### Introduction Meeting *(Meeting: 20 min/Homework)*

Date	
Time	
Homework	Complete the Module's Introduction and Sessions 1 and 2
Due Date	

### Supplemental Module Meeting 1: Discussion of the Module's Introduction and Sessions 1 and 2 *(Meeting: 60 minutes/Homework)*

Date	
Time	
Homework	Complete Sessions 3 and 4 and the Wrap-up
Due Date	

### Supplemental Module Meeting 2: Discussion of Sessions 3 and 4 and the Module's Wrap-up *(Meeting: 60 minutes)*

Date	
Time	
Homework (optional)	Visit the Thrive Initiative's website for additional parenting resources: <a href="https://thrive.psu.edu">https://thrive.psu.edu</a>

## Supplemental Module Registration

Complete these steps prior to the Supplemental Module Introduction (added to the last universal parenting program meeting).

### Access Course in Your Thrive Initiative Account

- Use this link to access the Thrive Initiative’s website: <https://thrive.psu.edu/>.
- Navigate to and select “Modules.”
- Select “Supplemental Modules” in the drop-down menu.
- Identify the module on coparenting, and select the “Learn More” button.
- A new web page will open. Select the blue button that reads “Get this course.”
- A pop-up box will ask you to Login or Signup. Since you have an existing account, select the “Login” button.
- Enter your username or email, and select the blue “Login” button.
- You will be directed to the supplemental module on coparenting. Select the blue “Go to Course” button to start the online supplemental module.

**If you have any difficulty accessing the Thrive Initiative supplemental module, we would be happy to assist you!**



The Thrive Initiative Team can be emailed at [thrive@psu.edu](mailto:thrive@psu.edu).



Phone inquiries can be directed to **1.877.382.9185**.

# Introduction Meeting



**Introduction Meeting** *20 minutes*  
**Homework**

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

- Review the supplemental module welcome materials provided by your facilitator.
- At the first meeting, your facilitator will provide an overview of the program and ensure you have access to the Thrive Initiative website and supplemental module.

## Step 2: Complete Homework [For Supplemental Module Meeting 1]

You will complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete the *Coparenting: Coordinated. Cooperative. United.* supplemental module's Introduction.
- \_\_\_\_\_ Complete Session 1: Coordinated.
- \_\_\_\_\_ Complete Session 2: Cooperative.
- \_\_\_\_\_ Download and review the materials mentioned from the Parent Toolkit resources in the supplemental module.
- \_\_\_\_\_ Prepare to discuss the topics addressed in the Introduction and Sessions 1 and 2 during the *next meeting* by answering the questions in *Step 3: Prepare Community-Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

## Step 3: Prepare Community-Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the *next meeting*. During the *Supplemental Module Meeting 1* group discussion, you can use the magenta boxes to record your notes.

As you complete the questions and activities, recognize that changes in your family and coparenting relationships will not happen overnight. Use the strategies and skills learned throughout *Coparenting: Coordinated. Cooperative. United.* consistently as part of your everyday life to see desired changes in your child's and coparent's reactions or behaviors. Keep practicing what you have learned!

Each time you meet with the other program participants as a group, share and celebrate the small, short-term, positive changes you see in your interactions with your child and coparenting partner(s). Also, consider what the long-term benefits may be for your family with the continued use of the skills and strategies you are learning in the *Coparenting: Coordinated. Cooperative. United.* module.



## **? Supplemental Module Introduction (Coparenting 101): Interaction and Discussion Questions**

In the supplemental module's introduction, you learned that coparenting refers to the coordination of care for children between two or more caregivers, and working together with other adults in your child's life who share childrearing responsibilities creates a supportive environment that allows your child and your family to thrive.

- A. What does your coparenting make-up, or situation, look like (e.g., coparents living in separate houses, coparenting together in the same household, grandparent-coparent relationship)?
- B. Are you completing this supplemental module independently of your coparent, or are he or she participating as well?
- C. What does your and your coparents' participation in the online supplemental module and meetings look like (e.g., military parent deployed and completing activities virtually with the coparent)?
- D. What is one goal you have for completing this supplemental module?

*Reflection:*



*Group discussion notes:*



## **Session 1 (Coordinated): Family of Origin Interaction and Discussion Questions**

Session 1 explained that coparenting relationships can be impacted by families of origin and offered strategies for effectively dividing parenting responsibilities.

Consider positive experiences from your childhood as you answer the following questions.

- A. What coparenting behaviors, from your family of origin, you would like to replicate or do the same in your own family?
- B. When you shared your coparenting experiences from your family of origin with your coparent, what did you learn about each other?

*Reflection:*

 *Group discussion notes:*



## **Session 1 (Coordinated): Comparing Parenting Styles and Attitudes Interaction and Discussion Questions**

Session 1 introduced the following parenting styles (i.e., authoritarian, authoritative, and permissive or indulgent) and encouraged you to consider your own and your coparents' styles.

- A. What did you learn about the parenting style you endorsed the most?
- B. How is your parenting style the same and/or different from your coparent's parenting style?

*Reflection:*

 *Group discussion notes:*



## Session 1 (Coordinated): Developing a Parenting-Coordination Plan: Interaction and Discussion Questions

In Session 1, you completed a Plan for Coordinating Parenting Ideas in which you identified potential solutions to disagreements between your and your coparent's parenting ideas. Review your plan before the meeting, and answer the following questions.

- A. What is one parenting goal or idea that you and your coparent agreed, or might agree, on?
- B. What is one parenting goal or idea that you and your coparent disagreed, or might disagree, on? What solutions were identified?

*Reflection:*



*Group discussion notes:*



## **Session 2 (Cooperative): Parenting Involvement Interaction and Discussion Questions**

In Session 2, you completed a Parenting Involvement activity in which you rated and discussed your and your coparent's involvement in common parenting responsibilities like feeding and transportation.

- A. Did you identify any caregiving tasks that you want to perform more or less often?
- B. Has your coparent identified any areas he or she would like to change?
- C. What is one plan that you and your coparent developed to address either duties or tasks that cause conflict between you and your coparent or duties or tasks that are avoided or "forgotten" by you and your coparent?
- D. How might you discuss concerns around the division of responsibilities with your coparent?
- E. What systems have you established to address future conflicts that might arise related to performing various childrearing tasks?

*Reflection:*



*Group discussion notes:*



## **Session 2 (Cooperative): Record and Reflect Interaction and Discussion Questions**

In Session 2, you were asked to record, watch, and discuss a video of your family engaged in an activity or conversation to identify times when you and your coparent(s) were and were not interacting in ways that benefited your coparenting relationship and your family.

- A. How did you and your coparent feel regarding the tone you set in your video-recorded family interaction?
- B. How do you think your child would describe how the interaction went?
- C. What could you and your coparent have done differently to improve your teamwork as coparents?
- D. What changes do you and your coparent plan to incorporate when it comes to interacting with each other or with your child?
- E. What other strategies did you and your coparent identify to promote a sense of togetherness and harmony for everyone in your family?
- F. What are some of the harmony-promoting coparenting behaviors you learned about in the supplemental module?


*Reflection:*



*Group discussion notes:*



### Step 4: Prepare Additional Questions for Supplemental Module Meeting 1

 Note any additional questions you may have for the group or the facilitator.

*Reflection:*

 *Group discussion notes:*



# Supplemental Module Meeting 1



**Discussion of Introduction and  
Sessions 1 and 2** *60 minutes*  
**Homework**

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

Return to Introduction Meeting, *Step 3: Prepare Community-Building Activities/Discussion Questions* to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after the Introduction Meeting.*

## Step 2: Complete Homework [For Supplemental Module Meeting 2]

You will complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete Session 3: United.
  
- \_\_\_\_\_ Complete Session 4: Moving Forward and Wrap-up.
  
- \_\_\_\_\_ Download and review materials mentioned from the Parent Toolkit resources in the supplemental module.
  
- \_\_\_\_\_ Prepare to discuss the topics addressed in the Sessions 3 and 4 during the *next meeting by answering the questions in Step 3: Prepare Community-Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

## Step 3: Prepare Community-Building Activities/Discussion Questions

Use the blue boxes on the next few pages to prepare your responses for the *next meeting*. During the *Supplemental Module Meeting 2* group discussion, you can use the magenta boxes to record your notes.



### ? Session 3 (United): Parenting Behaviors Interaction and Discussion Questions

Session 3 focused on the importance of a united, team approach to coparenting, and you reflected on and assessed how frequently you engage in harmony-promoting coparenting behaviors.

- A. What coparenting behaviors do you and your coparent engage in that you feel proud of or feel will benefit your children?
- B. When you graded yourself on your promotion of coparenting harmony, what did you learn about your most frequent parenting behaviors?
- C. What affirmative, positive strategies do you now plan to engage in when your family is together to create a more harmonious atmosphere for your child?
- D. What are some of the positive statements you identified to say about your family and your coparent when you are alone with your child to create a positive family image for your child?
- E. How could you affirm your coparent's importance to you and your child?

*Reflection:*



*Group discussion notes:*



### ? Session 3 (United): Developing a Coparenting Plan Interaction and Discussion Questions

In the *Coparenting Plan*, you considered previously discussed goals and aspirations for parenting and your understanding of your and your coparent's parenting strengths.

- A. What positive coparenting behaviors did you decide to practice more frequently?
- B. What coparenting behaviors have you decided to decrease?
- C. What solutions did you identify for overcoming any obstacles in modifying your selected parenting behaviors?
- D. Are there any self-care or coparent-care strategies you plan to adopt to support mental well-being, relationship quality, and enjoyment with your family members?

*Reflection:*

 *Group discussion notes:*



## **Session 4 (Moving Forward and Wrap-up): Changes in Coparenting over the Course of a Child’s Development Discussion Questions**

Session 4 highlighted that coparenting relationships evolve over the course of a child’s development and coparenting changes at the different age ranges of a child.

- A. Consider the current age of your child. How have your responsibilities as a coparent changed in the last year or two?
- B. Overall, in what ways has your parenting approach changed as your child has aged?
- C. You were asked to imagine your child as an adult....
  - 1. What about your coparenting teamwork would you like your child to remember from his or her childhood?
  - 2. What childhood experiences or feelings do you hope your child will replicate with your grandchildren?

*Reflection:*



*Group discussion notes:*



**? Session 4 (Moving Forward and Wrap-up): Wrap-up Module Discussion Summary Questions**


- A. Which topic discussed in the supplemental module was the most beneficial to you as a coparent? Why?
- B. What strategies or skills did you learn in the supplemental module that will help you achieve the goals you have for your family?
- C. Share a moment when you used a coparenting strategy that you learned in the supplemental module, and discuss how your actions compared to your actions prior to engaging in the supplemental module?
- D. What has changed in your interactions with your coparent or child since before completing the supplemental module?
- E. Have you noticed a difference in the way your child is responding to your coparenting?

*Reflection:*

 *Group discussion notes:*



## Step 4: Prepare Additional Questions for Supplemental Module Meeting 1

 Note any additional questions you may have for the group or the facilitator.

*Reflection:*

 *Group discussion notes:*



# Supplemental Module Meeting 2



**Discussion of Introduction and Sessions 3 and 4** *60 minutes*  
**Homework**

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

Return to Supplemental Meeting 1, *Step 3: Prepare Community-Building Activities/Discussion Questions* to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after Supplemental Module Meeting 1.*

### Step 2: Complete Homework [optional]

Consider registering for additional Thrive Initiative universal parenting programs or supplemental modules.

- Information about the Thrive Initiative universal parenting programs can be accessed at <https://thrive.psu.edu/>.
- Supplemental modules can be accessed at <https://thrive.psu.edu/modules/supplemental/>.

Visit the Thrive Initiative website at <https://thrive.psu.edu> to access additional resources and materials.

