

Divorce Rules

DEAR MOM AND DAD, I'M JUST A KID, SO PLEASE...

- Do not talk badly about my other parent Do not talk about my other parent's friends or relatives
- Do not talk about the divorce or other grown up stuff.
- Do not talk about money or child support.
- Do not make me feel bad when I enjoy my time with the other parent.
- Do not block my visits or prevent me from speaking to my other parent on the phone.
- Do not interrupt my time with my other parent by calling too much or planning my activities during our time together.
- Do not argue in front of me or on the phone when I can hear you!
- Do not ask me to spy for you when I am at my other parent's home.
- Do not ask me to keep secrets from my other parent.
- Do not ask me questions about my other parent's life or about our time together (Unless it is positive!)
- Do not give me verbal messages to deliver to the other parent.
- Do not send written messages or paperwork with me or place them in my bag.
- Do not blame my other parent for the divorce or for things that go wrong in your life.
- Do not treat me like an adult; it causes way too much stress for me.
- Do not ignore my other parent or sit on opposite sides of the room during my school or sports activities.
- DO let me take items to my other home as long as I can carry them back and forth.
- Do not use guilt to pressure me to love you more and do not ask me where I want to live.
- DO realize that I have two homes, not just one.
- DO let me love both of you and see each of you as much as possible. (This is so important for my healthy development, physically and mentally!!). Be flexible even when it is not part of our regular schedule. Remember...the better co-parent you are now, the healthier adult I will turn out to be!

Please, just focus on me! That's what I want most of all... time with you and my other parent without having to feel stressed, pressured or worried! I just want you...both of you!

(Adapted from Boyan and Termini's Cooperative Parenting and Divorce: Shielding Your Child from Conflict, p. 17; 1997, 1999.)

MENTAL HEALTH AMERICA OF BOONE COUNTY

Who Are We?

Mental health America of Boone County is a 501-(C)-(3) organization and a Chapter of Mental Health America (formerly the National Mental Health Association), the country's leading nonprofit dedicated to helping all people live mentally healthier lives. With approximately 300 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation—every day and in times of crisis.

Mental Health America Vision

Mental Health America envisions a just, humane and healthy society in which all people are accorded the respect, dignity and the opportunity to achieve their full potential free from stigma and prejudice.

Mental Health America of Boone Mission

Mental Health America of Boone County and Helping hands Shelter improve the quality of life including physical, mental and emotional needs by supporting and advocating for individuals and families.

MENTAL HEALTH AMERICA OF BOONE COUNTY

1122 N. LEBANON ST.

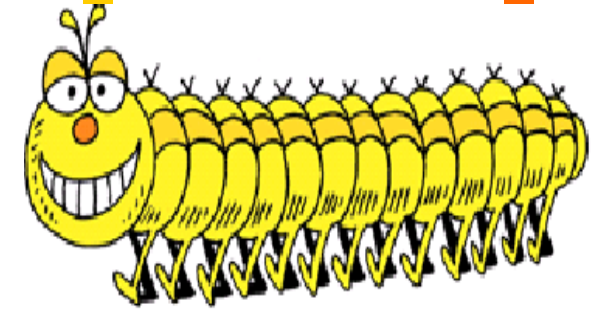
LEBANON, IN 46052

TEL: 765 482 3020

FAX:765 482 0674

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BEST FOOT FORWARD FOR FAMILIES



CO-PARENTING CLASS

Sponsored by Mental Health America of Boone County



MHABC
1122 N. Lebanon St.
Lebanon, IN 46052

Tel: 765 482 3020
Fax: 765 482 0674
mentalhealthamericaofboonecounty.com

*"Give your child the gift of withdrawing from the conflict."
-Charlie Asher*

About the class

Best foot Forward for Families is an 8 week long, 2 hour class, offered

Thursdays from 6 to 8 pm.

Call the Mental Health America of Boone County for actual dates.

765-482-3020

Cost: \$285.00 per person

Must attend with your co-parent

Child care not available

Class facilitators:



Katie Pollock



Pascal Fettig



Nikki Barnes

HOW WILL BEST FOOT FORWARD FOR FAMILIES BENEFIT YOUR CHILDREN?

Reducing their symptoms of stress as parental conflict decreases

Diminishing their sense of being caught in loyalty binds

Creating a more relaxed home atmosphere, allowing them to adjust more effectively

Teaching effective communication and conflict-resolution skills as modeled by their parents

Increasing the likelihood of keeping two active parents in their lives

Enhancing their confidence and self-esteem by creating an optimal environment for growth

Reducing the likelihood of adolescent drug and alcohol problems, teenage pregnancy, dropping out of school, and crime

Decreasing their likelihood of relationship difficulties and divorce in the future.

The Best Foot Forward for Families program benefits divorcing or divorced parents by:

Helping them rebuild their lives as separate individuals

Teaching effective communication and conflict-resolution skills helpful in their parenting relationship as well as with other relationships in the workplace

Helping them recognize the bond between the child and both parents

Fostering sensitivity to the child's needs

Focusing on present child-rearing issues rather than on past marital issues

Directing them to accept responsibility for their own actions that contribute to stressful interactions.

The Best Foot Forward for Families program benefits society and the legal system by:

Decreasing future litigation, court costs, and time

Increasing the likelihood that the non-custodial parent will remain active in the child's life by keeping parents working as a cooperative team

Reducing adolescent drug and alcohol problems, teenage pregnancy, school drop-out rates, and crime associated with children of divorce

Diminishing the likelihood of relationship difficulties and divorce in the child's future.

Expanding the definition of "family," thereby preserving and strengthening the family structure

