



Co-parenting Class

VS

Parenting Classes



Co-Parenting Class:

This class consists of child development and parenting techniques to help parents help their children adjust to their changing family lifestyle. We discussed stress, anger and grief management, communicating with children and visitation. Participants received practical research based information from handouts, videos, panels and/or discussion. I also referred families to agencies such as Early Settlement mediation, Health Department Counselors, Youth & Family Services, OSU Cooperative Extension classes and literature and other sources of information and support for co-parenting through divorce.

To enroll for Co-Parenting, go to <http://oces.okstate.edu/seminole/co-parenting> or come in and get a packet.

Parenting Classes:

This class consists of child development and parenting techniques to help parents help their children with challenges and solutions as they grow. We discuss parenting, ages and stages of development, building the bond, non-violent discipline skill, avoiding accidents and problems, rules, choices and consequences and power of encouragement according to age. Participants receive practical research based information from handouts, videos, panels and/or discussion.

Classes:

Active Parenting: First Five Years—ages 0-5

Active Parenting Now—ages 6-12

Active Parenting of Teens—ages 13-18

Additional Classes also offered:

Nutrition

Financial

To enroll for Parenting Classes, go to <http://oces.okstate.edu/seminole/parenting-classes> to download your registration packet or come in the office to pick one up.



**Co-Parenting for Resilience:
Helping Parents to Help Their Children**