

### 3 PARENTING COURSE EVALUATION

#### 3.1 Course Evaluation.

Our parenting course includes a demonstration of the level of comprehension of the learning objectives by the participants following the conclusion of this course.

1. According to Alison Williams, there are 7 stages of grief with divorce/separation. List the three stages you most identify with. (2.1 Divorce as Loss)
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. The most important thing to remember when co-parenting is \_\_\_\_\_ and DO NOT \_\_\_\_\_. (2.2 Permanency of Parental Role/Shared Parenting)
3. The Residential Parent is also called the \_\_\_\_\_ Parent. (2.4 Communicating with Children In a Divorce Situation)
4. The Non-residential Parent is also called the \_\_\_\_\_ Parent. (2.4 Communicating with Children In a Divorce Situation)
5. Three ways to stay connected as an Away Parent. (2.4 Communicating with Children In a Divorce Situation; "Staying Connected As An Away Parent")
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
6. Three mistakes Parents make when communicating with their co-parent. (2.5 Communicating with the Other Parent; "Mistakes Parents Make When Communicating with Their Co-Parent")
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
7. The most powerful tool in a co-parent's tool box: \_\_\_\_\_ (2.5 Communicating with the Other Parent; "How to Avoid Making These Co-Parenting Mistakes")
8. What are three forms of Domestic Violence? (2.6 Abuse; "What is Domestic Violence?")
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
9. Any person who knowingly and wilfully makes a false report is guilty of \_\_\_\_\_ (2.6 Abuse; "False Reporting of Child Abuse")



## EXERCISE TO INITIATE FORGIVENESS

### **Declaration of A New Relationship**

A Declaration is a phrase that speaks something into existence from nothing. Just like the Declaration of Independence spoke our new free nation into existence, we can declare a new relationship into existence through our words and intentions. The new nation didn't look any different just by saying so, but our forefathers were committed to their declaration and it began to show up just as they said.

Spend 15-20 minutes writing a letter to your co-parent. In that letter you will bring forth a new relationship into existence by declaring what you are committed to. Remember that you are not negotiating a bargain, "if you promise to do this, then you can count on me to do that." Be mindful that you are not telling your co-parent how they should equally contribute, "if we both do this or that."

You ARE telling your co-parent what they can count on you for, "you can count on me to be on time or to answer your texts, or have your back with bedtimes or homework....") Since this declaration is for your eyes only, this would be a good place to acknowledge where you failed in your role as a partner without the need to defend your behaviours. With authenticity this exercise can be powerful and healing.

