



COPARENTING RESOURCES

BOOKS

- RAISING A SECURE CHILD: HOW CIRCLE OF SECURITY PARENTING CAN HELP YOU NURTURE YOUR CHILD'S ATTACHMENT, EMOTIONAL RESILIENCE, AND FREEDOM TO EXPLORE BY KENT HOFFMAN
- THE WHOLE-BRAIN CHILD: 12 REVOLUTIONARY STRATEGIES TO NURTURE YOUR CHILD'S DEVELOPING MIND BY DANIEL J. SEIGEL
- NO-DRAMA DISCIPLINE: THE WHOLE-BRAIN WAY TO CALM THE CHAOS AND NURTURE YOUR CHILD'S DEVELOPING MIND BY DANIEL J. SIEGEL
- TALKING TO CHILDREN ABOUT DIVORCE: A PARENT'S GUIDE TO HEALTHY COMMUNICATION AT EACH STAGE OF DIVORCE BY JEAN MCBRIDE MS LMFT
- THE TRUTH ABOUT CHILDREN AND DIVORCE: DEALING WITH THE EMOTIONS SO YOU AND YOUR CHILDREN CAN THRIVE BY ROBERT E. EMERY PH.

ONLINE

- THRIVEGLOBAL.COM (5 CO-PARENTING PLAN RESOURCES I LOVE)
- SEASAMESTREETINCOMMUNITIES.ORG (DIVORCE)
- DIVORCEANDCHILDREN.COM
- PSYCHOLOGYTODAY.COM (PARALLEL PARENTING AFTER DIVORCE)

APPS

- TALKING PARENT
- TRUECE
- COZI

SUGGESTIONS

- NO TALKING NEGATIVELY ABOUT THE OTHER PARENT.
- ENCOURAGING THE KIDS TO HAVE A RELATIONSHIP WITH EACH PARENT.
- ASKING OPEN ENDED QUESTIONS WITH NO AGENDA OTHER THAN HEARING YOUR CHILDREN'S POINT OF VIEW ABOUT SITUATIONS AND EVENTS IN THEIR LIVES.
- LISTEN TO THE KIDS WITHOUT TAKING PERSONALLY WHAT THEY SAY. ALLOWING THEM SPACE TO FEEL AND EXPRESS.
- CONNECT FIRST WITH THEM WHEN THEY ACT OUT. THEN CORRECT NEGATIVE BEHAVIORS. THEN RECONNECT AFTER THE CONSEQUENCE OR CONVERSATION.
- TALK ABOUT THE CHANGES IN THEIR WORLD OPENLY. TRY NOT TO SPIN THE CHANGES POSITIVELY OR NEGATIVELY. MOSTLY GIVING INFORMATION THEN ASKING WHAT THEY THINK ABOUT THE INFO.
- TALK ABOUT THE RULES AT EACH HOUSE TO HELP WITH TRANSITIONS. (REMEMBER WE ARE AT YOUR WEST PLAINS HOME, WE... SAME WITH DAD/MOM'S HOUSE.)
- KNOW THE TRANSITIONS BETWEEN HOUSES IS STRESSFUL FOR THE KIDS AND THEY ARE LEARNING HOW TO LIVE THIS NEW NORMAL.

MIDWEST COUNSELING

412 WASHINGTON AVE
WEST PLAINS, MO 65775

417.255.8790