

# new ways FOR families®

## What Is New Ways for Families®

New Ways is a structured parenting skills method intended to reduce the impact of conflict on the children in potentially high-conflict divorce and separation cases.

Both parents can complete New Ways counselling at the start of their case, to prevent it from becoming high conflict and to avoid unnecessary court hearings.

New Ways can also be helpful to parents who already co-parent and would like to improve their communication and reduce their conflicts, for the sake of their children.

## Why New Ways for Families®

Parents will learn the skills to put their children first by improving their co-parenting skills and making their parenting decisions *out-of-court*.

Instead of having a stranger make your parenting decisions, learn to better communicate with your co-parent to make your *own* parenting decisions, *together*. When parents make their own parenting decisions, they are more likely to follow the agreements.

## How to use New Ways for Families®

### 6-9 Counselling Sessions

Six (6) Individual Counselling sessions: with the assistance of a counselor, parents learn and practice the 4 Big Skills, applying them to their own situation.

Three (3) Parent-Child Counselling sessions: with the assistance of a counselor, parents teach their kids the 4 Big Skills, listen to the child's concerns about the divorce or separation and explain to the child the "new way" the family will function.

This is a difficult conversation to have with your children – let a counsellor help guide this discussion.

### Decision making with lawyers & mediators

It is recommended that as well as counselling, parents consult a lawyer and consider mediation to a discuss parenting plan and other agreements.

*“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents”*

*~ Jane D. Hull, Former Governor of Arizona*

### Skills before decisions!

Both parents will learn the **4 Big Skills** before making big decisions.

#### Flexible Thinking:

- Acknowledging that there is more than one solution to every problem
- Turning complaints into proposals for future behavior or future agreements

#### Managed Emotions:

- Controlling anger, sadness, fear, and anxiety so as to not over-react
- Protecting the children from a parent's extreme emotions

#### Moderate Behaviors:

- Avoiding extreme actions, language, and parenting requests
- Responding to hostile communications so as to avoid escalating the conflict

#### Checking Yourself:

- Reminding yourself to use these skills during times of stress

Contact Kawartha Family Court Assessment Service for more information about how New Ways can help your family. 349A George Street N., Suite 205 Peterborough, ON, K9H 3P9

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