

NEW WAYS FOR FAMILIES™

What Is New Ways for Families®

New Ways for Families is a parenting skills method intended to reduce the impact of conflict on your children, reduce your stress levels and bring back some calm to your potentially high-conflict divorce or separation.

Ideally both parents should complete the online component of New Ways for Families and participate in coaching sessions. Practice skills learnt through the online course with your coach and integrate them into real life circumstances. Reducing the potential of becoming high conflict or reducing high conflict and to avoid unnecessary court hearings.

Why New Ways for Families®

You will learn the skills to put your children first by improving your co-parenting skills and *jointly* making parenting decisions *out-of-court*, this can be with or without the help of your attorneys and/or mediators.

Why let a stranger (judge) 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 and protect their children from the detrimental effects of conflict.

How to use New Ways for Families®

Online Class with Coaching

At minimum each parent will participate in 3 coaching sessions, and complete 12 modules online, self-paced. With the assistance of a trained coach, you will learn and practice the 4 Big Skills, applying these skills to your own situation.

You will learn how to better make decisions in order to successfully co-parent and protect your children from being caught in the middle.

Studies show that it's not divorce itself that negatively impacts a child, but instead how the situation is handled. **Set your family up for success** as you re-organize and move forward with skills for successful co-parenting.

Decision Making with Lawyers & Mediators

If required, following the online class and coaching sessions, parents can meet with their lawyer or a mediator to discuss a parenting plan and other agreements. Remember to use the New Ways skills as you make 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.

Managed Emotions:

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

Flexible Thinking:

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

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 us for more information about how New Ways can help your family at newways@highconflictinstitute.com

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What Is New Ways for Families®

New Ways is a parenting skills method intended to reduce the impact of conflict on the children in potentially high-conflict divorce and separation, whether in or out of court.

Ideally *both* parents should complete New Ways for Families coaching with the online course. To prevent them from becoming high conflict or to reduce high conflict situations arising in the future and to avoid unnecessary court hearings.

Why New Ways for Families®

New Ways is intended to teach parents the skills necessary to put their children first by improving their co-parenting skills and **jointly** making their parenting decisions **out-of-court**, with the help of attorneys and/or mediators.

This reduces the time the court must spend making decisions **for** them. When parents make their own parenting decisions, they are more likely to follow the agreements.

How to use New Ways for Families®

Coaching with Online Class

Setting Parents Up for Success: Parents participate in coaching sessions with the online course with a trained NWFF Coach. They practice and learn the 4 New Ways Skills, apply these skills to their own situations and can be used with any decision making they face in the future.

Coaches have been trained and licensed by High Conflict Institute to offer the New Ways program in their community.

Lawyers, Mediators

If required, following coaching sessions, and completion of the online course, parents can meet with their lawyer or a mediator to discuss a parenting plan and other agreements.

Training is available for lawyers and mediators who want to work with New Ways clients. Lawyers and mediators can reinforce the New Ways skills with the parents, allowing for a more effective decision-making process and client management – and preventing parents from reverting back to *old behaviors* when creating their parenting plan.

“The courtroom is not the place to effectuate long-term resolution of child custody issues. It is imperative that parents learn skills, such as those being taught by New Ways for Families, so that our collective children can not only survive divorce, but can enjoy their childhood and mature into psychologically healthy adults”

*~ Hon Alan B. Clements (Ret.)
Family Law Commissioner, Superior Court of California, San Diego 1998-2008;
Judicial Officer of the Year – 2009, Family Law Section of the State Bar of California*

Skills before decisions!

Both parents will learn 4 basic conflict resolution skills to help them make big decisions.

Managed Emotions:

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

Flexible Thinking:

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

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

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newways@highconflictinstitute.com or www.conflictplaybook.com

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