

# 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 should complete New Ways counseling at the start of their case, to prevent it from becoming high conflict and to avoid unnecessary court hearings.

## Why New Ways for Families®

Parents will learn the skills 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.

**Why should a stranger be making 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®

### 9 Counseling Sessions

Six (6) Individual Counseling 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 Counseling 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 counselor help guide this discussion.

### Decision making with lawyers & mediators

Immediately following counseling, parents should meet with their lawyer or a mediator to discuss a 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 us for more information about how New Ways can help your family.

[www.conflictplaybook.com](http://www.conflictplaybook.com) / [newways@highconflictinstitute.com](mailto:newways@highconflictinstitute.com)

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