

KIDS FIRST HOME STUDY CLASS



SAFEGUARDING The Well-Being of Children During & After a Parental Breakup

Book - Series of Mini Videos - Test

Class Description

The *Kids First Home Study Class* has been designed to help parents and other caregivers to safeguard the well-being of children during and after a parental breakup. The class includes research highlights identifying what helps and hinders children as they cope with parental breakups. Building on that evidence, a Family Transition Plan is presented consisting of fifteen positive steps parents can take to ensure the well-being of their children. Topics include Common Age-Related Adjustment Problems, Impact of High Conflict Parents, Vision of a Healthy Two-Home Family, Disengaging from Conflict, Co-parenting Communication, Resetting Parenting Boundaries, and others.

Outline of Home Study Topics

Part I: Research Highlights

- Effects of Parental Breakups on Children
- Risk Factors for Children Getting Hurt
- Factors that Protect Children from Harm
- Hope for Children Through Parental Empowerment
- Parental Assessment of Risk to Children
- Common Age-Related Adjustment Problems
- Impact of High Conflict Parents
- Assessment of Child Adjustment Problems

Part II: Family Transition Plan Workbook

- Vision of a Healthy Two-Home Family

- Parents Taking Care of Themselves
- Disengaging from Parent Conflict
- Seeing Problems Through the Eyes of a Child
- Keeping Children Out of the Middle
- Managing Safety Issues
- Telling the Children
- Resetting Parenting Boundaries
- Co-parenting Communication
- Cautiously Introducing New Partners
- Helping Children Express Feelings with Words
- Conflict-Free Exchanges of the Children
- Improving Coping Skills of Children

Class Information Resources: Book & Series of Mini Videos

Information resources for this class include a book and a series of twenty mini videos titled "*Safeguarding the Well-Being of Children During & After a Parental Breakup*" by Chet Muklewicz, EDD. This is an evidence-based program that includes fifteen positive steps parents can take to ensure the healthy adjustment of their children. The time of the mini videos range from three to twelve minutes, with an average of about seven minutes. Videos can be viewed free of charge at www.kidsfirst.cc

Fee for Taking This Class

There is a \$40 fee to take this class. Payment should be made when you register for the class.

Certificate of Completion Documents Compliance

After registering for *Kids First Home Study Class*, parents will be mailed a book and a test. The series of mini videos are available on this website. After reviewing the book and viewing at least six videos, parents should take the test and return it to Kids First by mail, email, or fax. A score of 80% is required as a passing grade. The test should be returned to Kids First within thirty days of registering for the class. After passing the test, parents will receive a Certificate of Completion from Kids First by mail or email. Parents should submit their certificates to their home courts of jurisdiction.

About the Author of the Program

Dr. Chet Muklewicz is a Pennsylvania Licensed Psychologist. He has 25 years of specialized experience acquired as a parent divorce educator, a trainer to legal and mental health professionals, a therapist specializing in children of divorce, and an author. Dr. Chet has presented this class to over 25,000 parents. In his private practice he has helped thousands of families cope with parental breakups and transition into healthy two-home families. He is the author of *Safeguarding the Well-Being of Children During & After a Parental Breakup*.

How to Register for *Kids First Home Study Class*

Parents can register by mail or online at www.kidsfirst.cc

Resources for Courts, Therapists, Mediators, & Attorneys

Refer Parents to View the Kids First Series of Mini Videos: Parents can be referred to review a series of twenty mini videos without charge. The videos range from three to twelve minutes in length. The topics of the videos are listed above in the section titled "Outline of Home Study Topics." There is no charge for parents to view the mini videos.

Provide the Book as a Handout: The book *Safeguarding the Well-Being of Children During & After a Parental Breakup* can be given to parents as a handout. The free videos and bulk rates for the book makes this home study program an affordable intervention. See bulk rates at www.kidsfirst.cc

Adopt the Kids First Home Study Class as a Requirement: Courts can order parents filing for divorce or custody to complete the *Kids First Home Study Class* to fulfill their requirement to complete a parent divorce education class. Courts can request a free preview copy of the book.

Contact Information



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Kids First Divorce Education Resources is Based in Scranton Pennsylvania

Located in Scranton, Pennsylvania, Kids First Divorce Education Resources is not part of or affiliated with any other business or program registered in any other state that includes, in part or in whole, the name "Kids First."