

COOPERATIVE PARENTING AND DIVORCE
Pre-Assessment

Name: _____
Relationship to Child(ren) _____

Rate your overall relationship with your child's other parent.

Extremely Hostile Moderately Avoidant Cold Civil Friendly Very
Hostile Angry Friendly Friendly

On a scale from 1-10 (poor to excellent) Rate your ability to:

1. Communicate with your child's other parent in matters regarding your child(ren).

2. Cooperate with your child's other parent on establishing mutually acceptable guidelines and

3. Control your anger when interacting with your child's other parent.

4. Schedule time with the other parent to discuss parenting matters.

5. Put aside your personal differences to care for your child.

6. Separate your marital relationship from your co-parenting relationship.

7. Use negotiation skills when interacting with your child's other parent.

8. Keep your child(ren) out of parental conflict.

9. Value your child's relationship with the other parent.

10. On a scale from 1(very often) to 10 (never), How often do you do the following:

- make negative comments about your child's other parent in front of your child.

- ask your child questions about the other parent's personal life.

- ask your child to relay messages or pass notes to the other parent.

- tell your child that the other parent was to blame for the divorce.

- argue with your child's other parent in front of your child.

- attempt to get your child to love you more than the other parent.

- try to limit the amount of time your child spends with the other parent.

COOPERATIVE PARENTING AND DIVORCE
Post-Assessment & Program Evaluation

Date: _____ Name (optional) _____
Group Leader(s) _____

1. **Prior** to your participation in the *Cooperative Parenting and Divorce* program, rate your overall relationship with your child's other parent:

2. **Since** your participation in the *Cooperative Parenting and Divorce* program, rate your overall relationship with your child's other parent:

PERSONAL GROWTH

Since participating in the *Cooperative Parenting and Divorce* program rate your ability to:

1. Communicate with your child's other parent in matters regarding your child.
2. Cooperate with your child's other parent on establishing mutually acceptable guidelines and working as a team.
3. Control your anger when interacting with your child's other parent.
4. Communicate with the other parent to discuss parenting matters.
5. Separate your marital relationship from your co-parenting relationship.
6. Use negotiation skills when interacting with your child's other parent.
7. Keep your child shielded from parental conflict.

8. Value your child's relationship with the other parent.

How often do you participate in the following behaviors:

9. Make negative comments about your child's other parent in front of your child.

10. Ask your child questions about the other parent's personal life.

11. Ask your child to relay messages or pass notes to the other parent.

12. Tell your child that the other parent was to blame for the divorce.

13. Argue with your child's other parent in front of your child.

14. Attempt to get your child to love you more than the other parent.

15. Try to limit the amount of time your child spends with the other parent.

PROGRAM CONTENT

Did the *Cooperative Parenting and Divorce* program:

16. Offer you ideas about how to communicate with the co-parent?

17. Offer you skills on how to control and manage your anger?

18. Help you deal with your feelings about the divorce?

19. Offer you information on how to separate your marital relationship from your co-parenting relationship?

20. Offer you ideas on how to resolve conflict in a businesslike manner?
21. Help you to understand your child's needs and feelings during the divorce?
22. Offer you information on how to keep your child out of the middle of your divorce?
23. Help you understand the importance of allowing your child to love both parents?

PROGRAM METHODS

24. How was the balance between lecture and skill practice maintained?
25. How comfortable and productive was the pace of the program?
26. How useful were the group activities and practice situations?
27. How useful was the Parent's Guide?
28. How useful were the homework activities?
29. How useful was the *Cooperative Parenting and Divorce* video?
30. Should the sessions be longer?
31. Should the sessions be shorter?
32. Did the program allow enough time for discussion?

GENERAL SATISFACTION

33. How would you rate your overall satisfaction with the *Cooperative Parenting and Divorce* program?

34. Would you recommend a *Cooperative Parenting and Divorce* group to a friend?

35. What did you like best about the *Cooperative Parenting and Divorce* program?

31. What did you like least about the *Cooperative Parenting and Divorce* program?

LEADERSHIP

32. Did the group leader seem knowledgeable and competent?

33. Was the group leader skillful in presenting the information?

34. What is your overall rating of the group leader?

Comments: _____
