

PARENTING
UNDER
TWO
ROOFS

Participant Resources



Children's Home Society
OF NORTH CAROLINA

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P.O. Box 14608, Greensboro, NC 27415



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FAIR FIGHTING TIPS TO MANAGE CONFLICT

Conflict and disagreements are a normal part of life. Taking proactive steps and learning some basic communications techniques can help us better manage disagreements and develop more effective solutions to problems. Here are some tips to consider:

1. NO PHYSICAL FIGHTING ALLOWED.
2. Think "win-win" rather than "win-lose." More often than not, compromise is the only way to settle a disagreement with someone who you need to continue to have a relationship with.
3. Begin with an "I" rather than "you" statement. "You" statements immediately put the other person on defense.

The basic outline for stating your concern:

1. I think ... State your complaint or issue
2. I feel ... State a feeling
3. I want ... Suggest some alternatives or
4. I want ... Ask for an action

Example: I feel disrespected when I don't hear from you within 24 hours of making a request involving Tommy. I want you to call me back so that I know whether Tommy can stay with me until 8 pm rather than 5 pm on Sunday so we can attend the baseball game.

IMPORTANT: Don't hold onto resentments or bring up ancient history. Example: "Some things never changed.

You didn't communicate with me when we were together, and you're still not now. You're impossible!"

4. Tackle one thing at a time.
5. State your "gripe" in the form of a request not a command. Make a positive request.
6. Focus on the current problem. Don't dig things out of the past. Discuss ONE thing at a time. If the issue is a question of fact then it is your duty to get the facts. If the issue is a matter of opinion, recognize that a compromise is the only solution.
7. No personal attacks or name-calling. You can state your complaint about behavior without assassinating the other person's character. No emotional blackmail. Never say "If you really loved our child, you would ..."
8. No stonewalling or walking away in the middle unless it becomes too heated and you both agree to a temporary break.
9. If something is too hot to handle at the moment, it is sometimes good to make an appointment to discuss it later. Remember the point is to resolve the issue, not to leave it hanging.
10. Don't assume you know what the other person is thinking, feeling, or why they are behaving a certain way. Instead, ask for this information. Don't ask the other person to read your mind, tell them what you think or feel.
11. Be brief! Don't make speeches. State your concern and let the other person respond. Restate what they said to make sure you got it right. Answer questions directly.



Children's Home Society of North Carolina

The Family Life Council was established in 1968 to provide educational programs to parents and to support healthy family relationships. In 2010, the Family Life Council merged with Children's Home Society of North Carolina. Now named Family Life Education Services, their educational programs, previously offered only in Guilford County, will be offered in communities throughout North Carolina.

The Family Life Education Services is focused on providing family life and parent education that is accessible and high-quality to respond to the needs of today's families, educators and community agencies.

This division also provides the following programs:

Wise Guys

Pregnancy prevention and sexual responsibility course for both English & Spanish speaking adolescents.

Good Beginnings for Teen Parents

Helping teen moms to complete high school, have successful births, and provide effective parenting to their young children.

Specialized Parenting Classes

For parents of children of all ages, including such topics as communicating with respects, ages & stages, and discipline.

Fathers Matter

For fathers who want to learn quality parenting skills and the importance of their relationship with their children.

Wise Guys: The Next Level


Male responsibility programs for older adolescents and adult males, including such topics as goal setting, stress management, and sexual health.

Children's Home Society of NC's Mission Statement

To promote the right of every child to a permanent, safe, and loving family.

Children's Home Society of NC's Vision Statement

To be a leader in transforming families and communicates so children can thrive.

Agency	Description	Contact Info
All Counties		
Alcohol Helpline		1-800-ALCOHOL
Center for Substance Abuse Treatment National Drug & Alcohol Treatment Referral Hotline		1-800-662-HELP
Child Support Network & National Dept. of Health & Human Services	Calculating child support	www.childsupport.com www.ncdhhs.gov
Children's Home Society of North Carolina	Variety of parenting programs: Parent Connection, Parenting Under Two Roofs, Fathers Matter, & more	336-553-1281 www.chsnc.org
Divorcecare	Divorce support group for parents and/or children.	www.divorcecare.org
Domestic Violence Hotline	24 hour listening line and referral source for victims of domestic violence.	1-800-799-7233
Drug Abuse Hotline	24 hour listening line and referral source for individuals who use illicit drugs.	1-800-662-4357
National Center for Missing and Exploited Children	The National Center for Missing and Exploited Children is a national clearinghouse for child safety, missing persons, child abductions and child sexual exploitation. The following is a direct link to their parent/guardian resource guide list.	1-800-THE LOST (843-5678) http://www.missingkids.com/missingkids/servlet/PageServlet? 
National Gay/Lesbian Youth Hotline	Listening line and referral source for gay, lesbian, bisexual, transgender and questioning youth. Hours 5:00-9:00 pm Monday thru Friday.	1-800-347-TEEN (8336)
National Institute for Mental Health		1-866-615-6464 http://www.nimh.nih.gov
National Suicide Prevention Lifeline		1-800-273-8255 www.suicidepreventionlifeline.org
NC Coalition Against Domestic Violence		1-800-799-SAFE www.nccadv.org/
North Carolina Association of Professional Family Mediators	Locating & choosing a mediator to assist with a more humane way to settle your divorce and/or custody challenges.	www.ncapfm.com
North Carolina Department of Crime Control and Public Safety Compensation Services	The Dept. of Crime Control and Public Safety's Compensation Services reimburses citizens who suffer medical expenses and lost wages as a result of being an innocent victim of a crime committed in North Carolina. Victims of rape, assault, child sexual abuse, domestic violence and drunk driving as well as the families of homicide victims are eligible to apply for financial help.	1-800-826-6200 http://www.nccrimecontrol.org/

North Carolina Victim Assistance Network (NCVAN)	NCVAN promotes the rights and needs of crime victims by educating citizens and public policy leaders about the devastating impact that crime has on our society.	1-800-348-5068 http://www.nc-van.org
RAINN - Rape Abuse Incest National Network	24 hour listening line and referral source for victims of rape, abuse or incest.	1-800-656-HOPE (4673) http://www.rainn.org/
Suicide.org		Suicide.org 1-800-784-2433 1-800-273-8255
Straight Talk	24 hour listening line. Teens can listen to pre-recorded messages on a variety of issues including drug use, sexuality, depression, family concerns, relationships, etc.	704-344-1111
Trevor Hotline	This is a 24-hour, 7-day-a-week crisis line for gay, lesbian, bisexual, transgender and questioning youth in the nation. Affiliated with the Suicide Hotline to provide emergency services to youth in need.	1-800-850-8078 http://www.thetrevorproject.org/
United Way	Tell them what type of service you are seeking, and they will give you agency's name and phone number.	211 www.nc211.org
US Housing Discrimination Information		(800) 669-9777
Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)		1-800-233-4050 www.chadd.org
Alamance County AC= Alamance County		
AC Burlington Schools		336-570-6060
AC Dept. of Social Services		336-570-6532
AC Public Libraries		336-229-3588
AC Women's Resource Center		336-227-6900
Alamance Partnership for Children	The Partnership shapes opinion and mobilizes resources to support Alamance County families in creating and sustaining nurturing environments for their children.	336-513-0063 http://www.alamancechildren.org/
Alcohol & Drug Services	Offers substance abuse counseling, treatment, and prevention services.	1-855-801-9817 http://www.adsyes.org/
Child Care Referrals		800-859-0829
Exchange Club Child Abuse Prevention Center of North Carolina	Offers services to prevent and treat Child abuse.	336-748-9028 http://www.exchangescan.org/index.html
Family Abuse Services of Alamance County, Inc		24/Hour Crisis Line 336-226-5985 http://www.familyabuseservices.org/
Food Stamps (& Food and Nutrition Services)		336-229-2935

Guardian ad Litem Program		336-438-1016 http://www.nccourts.org/County/Alamance/GAL/Default.asp
Head Start		336-629-5141
Legal Aid (Civil Matters)		866-219-5262
Medication Assistance		336-513-4760
Piedmont Rescue Mission	The Mission provides a program for homeless and/or needy men that Includes one-on-one counseling, life skills training and job rehabilitation. This program does have a Christian affiliation.	336-229-6995 http://www.piedmontrescuemission.org/
UNC Horizons	UNC Horizons is a substance abuse treatment program for pregnant and/or parenting women and their children, including those whose lives have been touched by abuse and violence. We are a program of the Department of Obstetrics and Gynecology at the University of North Carolina in Chapel Hill.	1-800-862-4050 Ask for a Horizons Counselor http://unchorizons.org/
Utility and Rent Assistance: Utility Bills & Repairs		336-229-2974
Guilford County GC= Guilford County		
Community Resource Counseling for Women		336-275-6090 http://www.womenscentergso.org/crc.html
Family Services of the Piedmont	Offers a variety of parenting programs. Crisis and domestic abuse counseling. Shelters for individuals seeking safety.	336-387-6161 http://www.familyservice-piedmont.org/locations/greensboro Crisis Line 336-273-7273
GC Health Dept.: Family Planning & Maternity Clinic		336-641-3245
GC: DSS Child Protective Services		GSO: 336-641-3795 HP: 336-845-3795
Greensboro Alcoholics Anonymous Intergroup Office		336-854-4278 http://www.aagreensboronc.com/
Greensboro Area Narcotics Anonymous		1-866-375-1272 (24 hour contact line) http://www.greensborona.org
Greensboro Housing Authority		336-275-8501 http://www.gha-nc.org/
Greensboro Urban Ministry	Christian food and clothing assistance	336-271-5959
Guilford County Employment Security Commission		336-297-9444
Guilford Low Income Energy Assistance Program		336-641-3000 http://www.benefits.gov/benefits/benefit-details/1564
Mary's House	For women in recovery from substance abuse and their minor children	336-275-0820 http://www.maryshousegso.org/
Moses Cone Behavioral Health Center	Assessment & Helpline, in-patient hospitalization, & outpatient counseling services	336-832-9700 http://www.conehealth.com/locations/behavioral-health-hospital/

One Step Further	Mediation services of Guilford County	336-273-5667 http://www.onestepfurther.com/
Open Door Ministry	Christian food and clothing assistance	336-885-0191
Parent Coordination Program	Parent coordinators are assigned to high conflict families to assist them with custody and parenting classes	guilfordpcs@gmail.com
Sexual Assault Crisis Hotline		Greensboro: 336-273-7273 High Point: 336-889-7273
The American Red Cross - Greensboro		336-333-2111 http://www.redcross.org/nc/greensboro
The Bellemeade Center	A variety of behavioral health services are offered, including: Open Access Outpatient Therapy & Psychiatric Services Assertive Community Treatment Team (ACTT) (adults only) Crisis Assessment Services Center (children & adults) Intensive In-Home Services (3-20) Assertive Engagement (children & adults)	336-676-6840
UNCG: ADHD Clinic		336-346-3192
UNCG: Conflict & Peace Studies	CIVIC Project offers family dispute resolution services including mediation, coaching, & parenting coordination	336-334-4781
UNCG: Counseling & Consulting Clinic	Educational programming, assessment, and counseling focused on positive outcomes. Sliding scale fees for non-UNCG students.	336-334-5112
UNCG: Psychology Clinic	Affordable therapy, evaluation, and testing	336-334-5662
YMCA	After school programs & camps.	Wendover 336-273-3461 Green Valley Road 336-854-8410 W Market St 336-478-9622 E Florida Street 336-272-2131
YWCA	After school programs & camps	336-273-3461
Moore County (MC= Moore County)		
Child Abuse Hotline		910-947-5683
Child Support		910-947-2118
Clerk of Court		910-576-4211
Dept. of Social Services		910-947-1902
Family Court Office		910-947-3256
Family Crisis: Friend to Friend	Friend to Friend is a non-profit organization, located in Moore County, North Carolina, which offers help to all	910-947-3333

	persons affected by interpersonal violence, such as: domestic violence, sexual assault, elder abuse, human trafficking, child abuse, and unhealthy relationships	
First Health Moore Regional Hospital		910-715-1000
Health Dept.		910-947-3300
MC Head Start Program	“Head Start is a national program that promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families. “	910-692-6713
MC Library		910-947-5335
MC Social Services		910-947-2436
Randolph County (RC= Randolph County)		
Child Support		336-318-6703
Children’s Developmental Services Agency	Services for children with special needs, Birth-3 years , and their families	336-625-1076
Clerk of Court		336-328-3100
Custody Mediation Office		336-328-3274
Daymark Recovery Services	Mental Health intake and clinical services; will provide list of private providers	336-633-7000
Randolph County Family Court		336-328-3293
Family Court Administrator		336-328-3292
Family Crisis Center	Serves victims of rape and domestic violence.	336-629-4159
Legal Aid	Provides civil legal assistance to low-income individuals who lack the means to employ private legal counsel.	336-272-0148
Randolph County Partnership for Children	Resource for parents seeking childcare and other services for children Birth-5 years	336-629-2128
Randolph Hospital		336-625-5151
RC Department of Social Services		336-683-8000
RCS-Head Start	“Head Start is a national program that promotes school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families. “	336-629-5141
YMCA	After school programs & camps.	336-625-1976

INTERNET RESOURCES

www.cdc.gov

The Centers for Disease Control

- Information about a variety of health related issues. It also has statistics about divorced and single parent homes.

www.dc4k.org & www.divorcecare.org

- Helps parents locate nearby support groups where parents can share experiences and rebuild their lives and children aged 5-12 can participate in activities and make friends with others going through similar transitions.

www.proudtoparent.org

- Encourages parents to find ways to resolve difference and put their children first.
- Offers specific tips for never married parents that will reduce conflict.

www.nccourts.org

- Information about the court system and court mediation, a copy of the NC Child Support Guidelines, and answers to commonly asked questions.

www.divorceandkids.com

- Offers over 15 articles on the effects of divorce, discipline, helping children deal with stress, and tips for good shared parenting.

www.divorcemagazine.com

- Online magazine that offers articles about divorce written by therapists and lawyers, for “Generation Ex”.

www.apparenting.com

- Written by a dad to offer others tips on attachment parenting.
- See article, Simple Keys to Resolving Conflicts with your Ex: No Cooperation Required.

www.gocrc.com

- The Children’s Rights Council

coparenting101.org/resources

- Co-Parenting 101

HELPFUL BOOKS

Communication & Conflict

Patterson, K. (2002). *Crucial conversations: Tools for talking when stakes are high*. New York: McGraw-Hill.

Stone, D., Patton, B., Heen, S., & Fisher, R. (2010). *Difficult Conversations: How to discuss what matters most*. Chicago, IL: Penguin Books.

Blackstone-Ford, J., & Jupe, S. (2004). *Ex-etiquette for parents: Good behavior after a divorce or separation*. Chicago, IL: Chicago Review Press.

Pedro-Carroll, J. L. (2010). *Putting children first: Proven parenting strategies for helping children thrive through divorce*. New York, NY: Avery.

Higher Conflict Parenting

Thayer, E. S., & Zimmerman, J. (2001). *The co-parenting survival guide: Letting go of conflict after a difficult divorce*. Oakland, CA: New Harbinger Publications.

Warshak, R. A. (2010). *Divorce poison: How to protect your family from bad-mouthing and brainwashing*. New York, NY: Harper.

Wittmann, J. P. (2001). *Custody chaos, personal peace: Sharing custody with an ex who drives you crazy*. New York, NY: Perigee.

Garrity, C. B., & Baris, M. A. (1994). *Caught in the middle: Protecting the children of high-conflict divorce*. New York, NY:

Lexington Books.

- Focus primarily on situations where open conflict between parents continues years after a separation. Addresses how parenting plan geared toward lowering the conflict level can help often with assistance from parent coordinators.

Divorce

Butterworth, B. (2005). *New life after divorce: The promise of hope beyond the pain*. Colorado Springs, CO: Waterbrook Press.

Ford, D. (2001). *Spiritual divorce: Divorce as a catalyst for an extraordinary life*. San Francisco, CA: HarperSanFrancisco.

Margulies, S. (2001). *Getting divorced without ruining your life: A reasoned, practical guide to the legal, emotional, and financial ins and outs of negotiating a divorce settlement*. New York, NY: Simon & Schuster.

Ventura, J., & Reed, M. (2009). *Divorce for dummies*. Hoboken, NJ: Wiley Pub.

- Revised self-help guide that offers tips on dealing with stress, handling negotiations, cutting legal costs, and working successfully with an attorney.

Rye, M. S., & Moore, C. D. (2015). *The divorce recovery workbook: How to heal from anger, hurt, and resentment and build the life you want*. Oakland, CA: New Harbinger Publications.

Hibbert, C. G. (2015). *Who Am I Without You?: Fifty-Two Ways to Rebuild Self-Esteem After a Breakup*. Oakland, CA: New Harbinger Publications.

Co-Parenting

Philyaw, D., & Thomas, M. D. (2013). *Co-parenting 101: Helping your kids thrive in two households after divorce*. Oakland, CA: New Harbinger Publications.

Bonnell, K., & Little, K. (2014). *The co-parents' handbook: Raising well-adjusted, resilient, and resourceful kids in a two-home family from little ones to young adults*. Self-Published.

Ellison, S. (2000). *The courage to be a single mother: Becoming whole again after divorce*. San Francisco, CA: HarperSanFrancisco.

Ricci, I. (1997). *Mom's house, dad's house: Making two homes for your child*. New York, NY: Touchstone.

- A positive guide on how to have two happy and stable homes for your children that addresses legal, emotional, and practical issues.

Shimberg, E. F., & Shimberg, M. (2007). *The complete single father: Reassuring answers to your most challenging situations*. Avon, MA: Adams Media.

- "Tips from the Trenches"--anecdotes from more than 50 single dads on what works and what doesn't

Frisbie, D., & Frisbie, L. (2007). *Raising great kids on your own*. Eugene, OR: Harvest House.

Leving, J. (2012). *How to be a good divorced dad: Being the best parent you can be before, during, and after the break up*. San Francisco, CA: Jossey-Bass.

Knox, D., & Leggett, K. (1998). *The divorced dad's survival book: How to stay connected with your kids*. New York, NY: Insight Books.

Newman, G. (2000). *101 ways to be a long-distance super dad-- or mom, too!* Tucson, AZ: Blossom Valley Press.

Marquardt, E. (2006). *Parenting & Divorce Between Two Worlds: The Inner Lives of Children of Divorce*. New York, NY: Harmony.

Ferber, D. F. (2005). *From ex-wife to exceptional life: A woman's journey through divorce*. Farmington, CT: Purple Lotus Press.

Wallerstein, J. S., Lewis, J., & Blakeslee, S. (2000). *The unexpected legacy of divorce: A 25 year landmark study*. New York, NY: Hyperion.

Emery, R. E. (2004). *The truth about children and divorce: Dealing with the emotions so you and your children can thrive*.

New York, NY: Viking.

- Author applies his 25 years of experience as a researcher, therapist, and mediator to show parents how important emotions are during a divorce and how they shape the divorce and children.

Hannibal, M. E. (2007). *Good parenting through your divorce: The essential guidebook to helping your children adjust and thrive*, based on the leading national program. New York, NY: De Capo Press.

Kalter, N. (2006). *Growing up with divorce: Helping your child avoid immediate and later emotional problems*. New York, NY: Free Press.

Lansky, V. (2003). *Vicki Lansky's divorce book for parents: Helping your children cope with divorce and its aftermath*. New York, NY: New American Library.

- Offers parents age-specific tips on what to expect from their kids during the divorce process and how best to support them.

Long, N., & Forehand, R. L. (2002). *Making divorce easier on your child: 50 effective ways to help children adjust*. Chicago, IL: Contemporary Books.

Neuman, M. G., & Bashe, P. R. (1998). *Helping your kids cope with divorce the sandcastles way*. New York, NY: Times Books.

Pickhardt, C. E. (2006). *The everything parent's guide to children and divorce: Reassuring advice to help your family adjust*. Avon, MA: Adams Media.

Wallerstein, J. S., & Blakeslee, S. (2003). *What about the kids?: Raising your children before, during, and after divorce*. New York, NY: Hyperion.

Ahrons, C. R. (2004). *We're still family: What grown children have to say about their parents' divorce*. New York, NY: HarperCollins.

Children & Teens

Llenas, A. (2015). *Color monster: A pop-up book of feelings*. New York, NY: Sterling Pub.

Masurel, C., & Denton, K. M. (2001). *Two homes*. Cambridge, MA: Candlewick Press.

Stern, Z., Stern, E., & Stern, E. S. (1997). *Divorce is not the end of the world: Zoe's and Evan's coping guide for kids*. Berkeley, CA: Tricycle Press.

Levins, S., & Langdo, B. (2005). *Was it the chocolate pudding?: A story for little kids about divorce*. Washington, D.C.: Magination Press.

Schmitz, T. (2008). *Standing on my own two feet: A child's affirmation of love in the midst of divorce*. New York, NY: Price Stern Sloan.

Brown, L. K., & Brown, M. T. (1986). *Dinosaurs divorce: A guide for changing families*. Boston, MA: Atlantic Monthly Press.

Walvoord, L., & Friedman, J. (1991). *At daddy's on Saturdays*. Niles, IL: A. Whitman.

Lansky, V. (2003). *It's Not Your Fault, Koko bear: A Read-Together Book for Parents and Children During Divorce*. Wayzata, MN: Book Peddlers.

MacGregor, C. (2004). *The divorce helpbook for teens*. Atascadero, CA: Impact.

Prokop, M. S., & McCullough, D. J. (1986). *Kids' divorce workbook: A practical guide that helps kids understand divorce happens to the nicest kids*. Warren, OH: Alegria House.

Winchester, K., Beyer, R., & Verdick, E. (2001). *What in the world do you do when your parents divorce?: A survival guide for kids*. Minneapolis, MN: Free Spirit Pub.

- Easy to read book for kids to help them understand many of the issues surrounding divorce and how to communicate feelings.

Dijk, S. V. (2016). *Surviving the emotional roller coaster: DBT skills to help teens manage emotions*. Oakland, CA: Instant Help.

Grossman, L. M. (2016). Master of mindfulness: How to be your own superhero in times of stress. Oakland, CA: Instant Help.

Testa, R. J., Coolhart, D., & Peta, J. (2015). The gender quest workbook: A guide for teens & young adults exploring gender identity. Oakland, CA: Instant Help.



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