

PARENTING
UNDER
TWO
ROOFS

Participant
Resources



Children's Home Society
OF NORTH CAROLINA

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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.

Mecklenburg County Resources

Agency	Description	Contact Info
A Child's Place	Assists homeless and at-risk children with providing them access to stable education and advocating for them	704-343-3792 http://www.achildsplace.org/
Al-Anon Family Groups	Group meetings for anyone who needs help coping with someone else's alcoholism or drug addiction.	704-523-1159 http://www.charlottealanon.org
Alcoholics Anonymous	24 hour listening line and referral source for individuals who struggle with alcohol addiction.	704-332-4387 http://www.charlotteaaa.org
Alexander Youth Network	Provides a multitude of services to treat children with, or at risk for, serious emotional disturbance.	704-366-8712 http://www.alexanderyouthnetwork.com 
Anuvia Prevention and Recovery Center	The CDC is a private non-profit organization that promotes wellness in our community by providing compassionate treatment and prevention services to impact the disease of addiction.	704-376-7447 http://www.anuvia.org/
Behavioral Health Center - CMC Randolph	Provides services to children and adults in areas of mental health	704-444-4000 http://www.behavioralhealthcenters.org/randolph.cfm?id=31
CMPD - Crime Reporting Unit	The Crime Reporting Unit takes many non-emergency police reports over the telephone.	Dial 311 from phones within Mecklenburg http://charmeck.org/city/charlotte/CMPD/organization/Administrative/Pages/CrimeReportingUnit.aspx
CMPD - Special Victim's Division	The CMPD Special Victims Division conducts criminal investigations regarding juvenile and domestic violence cases.	704-336-2811 http://charmeck.org/city/charlotte/CMPD/organization/investigative/SpecialVictims/Pages/default.aspx
Community Link	To enable working poor individuals and families to obtain and sustain safe, decent and affordable housing. Community Link also provides other resources needed to move toward independence.	704-943-9490 http://www.communitylink-nc.org/
Council for Children's Rights	Represents children, their needs and their issues. This includes research, legal representation, best interest advocacy, system advocacy and public education and awareness.	704-372-7961 http://www.cfcrights.org/
Department of Juvenile Justice and Delinquency Prevention (DJJDP)	DJJDP's mission is to promote public safety and juvenile delinquency prevention, intervention and treatment through the operation of a seamless, comprehensive juvenile justice system. DJJDP has Juvenile Court Counselors that are able to discuss your legal options regarding undisciplined	704-330-4338 http://www.juvjus.state.nc.us/

	juveniles.	
Department of Social Services (DSS)	The Mecklenburg County Department of Social Services is committed to reevaluation and enhancement of those services that focus on prevention, early intervention, moving customers toward or maintaining self-sufficiency and improving the quality of life for all citizens.	704-336-2273 http://charmeck.org/MECKLENBURG/COUNTY/DS/Default.aspx
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
Eckerd Youth Alternatives	The North Carolina Eckerd Wilderness Camps serve boys and girls, ages 10 through 17, with behavioral problems. The camps are year-round, staff-secure, residential therapeutic programs, providing an alternative to more restrictive programs.	1-800-554-4357 http://www.eckerd.org/
Legal Services of the Southern Piedmont	Legal Services of the Southern Piedmont provides legal assistance in civil matters to low income persons in the Charlotte area and in west-central North Carolina.	704-971-2622 http://www.lssp.org/
Loaves and Fishes	Loves and Fishes will provide one week's worth of groceries to families in crisis. Request for services can only be made by referral from a religious leader, social worker, fire or police employee. Families can only use the service once in the past 60 days.	704-523-4333 http://www.loavesandfishes.org/
McLeod Center	The McLeod Center provides substance abuse assessments and referrals along with educational services for early stages of drug use and family therapy.	704-332-9001 http://www.mcleodcenter.com/
Mecklenburg County Civil Courts Building	Restraining Orders can be requested in Suite 203. Contempt of Restraining Order and Eviction orders can be requested in Suite 214.	704-336-4126
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?
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	1-800-826-6200 http://www.nccrimecontrol.org/

	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.	
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/
Safe Alliance Battered Women's Shelter	The Battered Woman's Shelter provides emergency shelter, Safety planning, Trauma counseling, Support groups, Case management, Child care, Legal advocacy and representation, Help with addiction issues, Life skills training, Health care services, Career planning services, Toiletries/clothing/furniture assistance	704-332-2513 http://www.safealliance.org/charlotte/
Safe Alliance Rape Crisis	<ul style="list-style-type: none"> • 24-hour hotlines for victims of sexual assault • 24 hour hospital accompaniment to all area hospitals in Mecklenburg (regardless of whether a rape kit is completed) • Ongoing support • Advocacy • Counseling • Support groups • Safety planning • Case management • Referral to other support services • Court education and court accompaniment • Assistance with Crime Victim's Compensation • Photographic injury documentation 	704-375-9900 http://www.safealliance.org/charlotte/
Smart Start	Smart Start of Mecklenburg County is a nonprofit organization that funds and provides oversight of health, family support and early care and education programs for children ages birth to five and their families.	704-377-6588 http://www.smartstartofmeck.org/
Youth Homes, Inc.	Youth Homes Inc. is a fully accredited (COA) nonprofit child placement/adoption agency providing an array of community based services. YHI serves children who are involved in the Dept. of Juvenile Justice, Dept. of Social Services and Area Mental Health	704-334-9955 http://www.youthhomesinc.org/

	systems through specialized foster care, group care and in home supportive counseling and casework services.	
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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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