

## Parenting At Divorce: Not-To-Be-Missed Special Resources

*By Christopher L. Griffith, J.D., M.S., Attorney-Mediator*



Divorce or separation drastically alters family and parenting relationships. As a full-time family attorney-mediator (and former marriage and family therapist), I believe the following are among the very best resources — of special benefit to families preparing for or managing the challenges of divorce or separation. Because information and reviews of these are more readily available, I have not included recommended books in this article.

### **For Parents: Up To Parents Website's Eye-Opening Commitments**

At **UpToParents.org** (or **ProudToParent.org**, for parents never married to each other), divorcing or separated parents separately and confidentially complete an engaging on-line questionnaire of what each would choose for their children — in the aftermath of their separation or divorce. As the questions are asked, this enlightening website suggests key principles designed to protect children in such a time of potential conflict and stress. The non-profit family charity (created by an attorney-mediator husband and counselor-mediator wife) considers both parents' answers and choices and returns to both by electronic mail a personalized Agreement with a list of common and shared Commitments that parents agree are important to their children and that will guide their future parenting. Free, and invaluable.

### **For Children: Lemons 2 Lemonade's Reassuring DVD**

Only recently released, two divorce professionals (a female divorce coach and parenting educator, and male psychologist) enlist a charming cast of youngsters to help them explore the world of divorce. "**Lemons 2 Lemonade: How to Handle Life When Things Go Sour Between Mom and Dad**" is unique as an upbeat, always compassionate and often amusing DVD, providing a bit of relief and reassurance to kids amidst all the gloom and doom. Families are truly forever, so let's make the best of it, yes? Complete with its own perky theme song, this is a remarkable breath of fresh air for divorce youngsters 6 - 12 years of age. Very affordable and highly recommended.

### **Parenting Collaboration Software: Our Family Wizard**

The "parenting collaboration" on-line tools of **Our Family Wizard** are terrific for collaborative couples desiring an always available, and interactive means to coordinate and schedule family events, or for higher conflict couples seeking a framework to securely manage divorce and family information and to responsibly share

communications with lessened stress. Message board, common family and private calendars, journals, information bank and expenditure logs, all in a password-protected environment.

### **Divorce Recovery Support: The Fisher Seminars**

For parties needing solace and support at a time of such estrangement and bewilderment, **The Fisher Seminars** offers a confidential ten week alliance with other separated and divorcing parties. Offered for more than 25 years in many states and foreign countries, this program teaches relationship re-building skills and divorce support to parties who attend independently and not in the same group with a spouse or former spouse.

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For more information, links and contact information about these and other parenting resources, see the “Four Your Family” page of the author’s website at:  
[www.ColoradoDivorceMediation.com](http://www.ColoradoDivorceMediation.com)

***About the author:***

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