

# Meeting in the Middle

## Positive Parenting in Two Households

### What is it?

Raising a child in different homes can be challenging at times. FairField's Meeting in the Middle class focuses on co-parenting through separation and divorce. It provides parents with the opportunity to think critically about what is best for their child and how they can work together to accomplish it.

Some of the topics that will be discussed are...

- Developmental stages of children
- Options for dealing with conflict
- Improving communication skills
- Co-parenting and parallel parenting

### How much does it cost?

The class is free for individuals who are a client of Department of Child Support Enforcement (DCSE) OR agree to have their name released to DCSE for grant purposes

For all others, it is \$50 for the class, payable before the class begins.

### Where is it?

The class is held online in Zoom

### When is it?

See FairField Center's website for upcoming dates

### What are the technology requirements?

You need to have a device such as a computer, tablet, or smartphone that has video and audio. In order to satisfy court requirements, you must have your video on so that we can confirm your attendance. You will also need to be able to receive and download the manual and other documents.



Advancing Dialogue and Understanding

**What about the space?**

Please ensure that you are in a space where you cannot be overheard by others and where your distractions are kept to a minimum.

**Does the other parent need to attend the class also?**

We strongly recommend that both parents attend the class, but you each make that decision independently.

**Do I have to be in the same class as the other parent?**

No. When you register you are asked if you want to attend class with the other parent. If the answer is no, you will be asked for the name of the other parent so that we can ensure you are in separate classes.

**Can I attend if I am not the biological parent?**

We find it beneficial if all parties who have custody of the child attend Meeting in the Middle

**Should I take the class before or after mediation?**

We strongly recommend you take the class prior to mediation as it helps build a foundation and skill set that can be useful in the mediation process. Participating in the class before mediation may make the process more effective, but there is benefit to taking the class at anytime.

**Do I need to be a Fairfield or DCSE client in order to take the class?**

No. The class is open to the public and is for anyone wanting to learn more about co-parenting in separate households.

**What if I was referred by judge and do not attend?**

We can not predict how a judge would rule nor can we provide legal advice. If you attend the class you will receive a letter stating that you attended to show the court.

**Why should I take the Class?**

The class helps parents understand how their words and actions have an impact on their children. It provides information to co-parents so that they may provide a healthy and happy lifestyle for their children. Although separation will change how families work, co-parents can still be a source of stability and comfort for their children as long as they commit to resolving conflict within their shared parenting in a peaceful and productive manner.