

# Welcome to the Dad Allies Learning Series

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We  
know  
that:

Child and family well-being improve when fathers are positively engaged in their children's lives.

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Fathers play a unique and important role in children's development.

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Fathers should have support and resources to become the fathers they aspire to be.

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Thomas V.  
Giddens Jr.  
Foundation

Washington  
Fatherhood  
Council





# **BUILDING AWARENESS**

## **Strategies for Helping Unmarried Parents Establish Co-Parenting Agreements**

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**Co-parenting Dad Allies Learning Series**

**Thursday July 28, 2022**

Presenter: Dr. Jeffery Johnson



# **WHAT IS CO-PARENTING?**

- **“Both parents working together to raise their child/ren with the least amount of upheaval in their lives at the end of a marriage, or romantic/non-romantic relationship.”**

# WHAT IS CO-PARENTING?

It IS NOT a competition!  
It IS a collaboration  
between parents  
(sometimes  
grandparents too),  
to do what is best for the kids.



# Key points about co- parenting

There are six big reasons why NPCL got on the co-parenting bandwagon

- Commitment to reducing child poverty- this is a matter of economics and household income
- The fact there are more than 3 million poor children are living in single-parent households
- The fact that forty percent of all children in the U.S. are born outside of marriage which is even higher when broken down by race and income-the commitment of unmarried parents to raise children together is shaky or non-existent

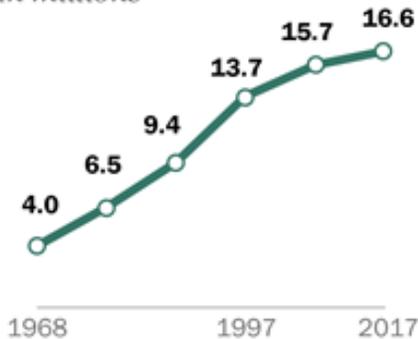
# Key points about co-parenting

- The failure of fatherhood programs to obtain access and visitation arrangements for fathers once they complete their fatherhood program
- To help fatherhood and family practitioners overcome their fear of working with child support and the belief that they can achieve long-term father engagement of unmarried non-custodial fathers without connecting with the mothers
- The success of our work depends in large measure on the willingness of parents to put their children first and to engage in a healthy co-parenting relationship when their romantic or marriage relationship ends.

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**Since 1968, a fourfold increase in the number of unmarried parents**

*All unmarried U.S. parents, in millions*



Note: "Parents" are all U.S. parents living with at least one child younger than 18.

Source: Pew Research Center analysis of Current Population Survey March Supplement (IPUMS).  
"The Changing Profile of Unmarried Parents"

PEW RESEARCH CENTER

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# WHY CO-PARENTING?

- Seventy percent of black children are born outside of marriage, living in single parent households, and substantial number are poor
- This issue is particularly acute among low-income never-married parents

**DATA PROVIDED BY KIDSCOUNT**

# Children in single-parent families by race in the United States

Location	Race	Data Type	2019
United States	American Indian	Number	341,000
		Percent	52%
	Asian and Pacific Islander	Number	549,000
		Percent	15%
	<b>Black or African American</b>	<b>Number</b>	<b>5,988,000</b>
		<b>Percent</b>	<b>64%</b>
	Hispanic or Latino	Number	7,339,000
		Percent	42%
	Non-Hispanic White	Number	8,479,000
		Percent	24%
	Two or more races	Number	1,923,000
		Percent	40%
	Total	Number	23,756,000
		Percent	34%

# WHY CO-PARENTING?

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- ❑ An analysis of over 100 studies on parent-child relationships found that having a loving and nurturing father was as important for a child's happiness, well-being, and social and academic success as having a loving and nurturing mother.



# WHY CO-PARENTING?



- Completion of fatherhood program not a guarantee
- Legal paternity not established



- Mother's concerns
- New partners complicate matters



- Training or support may be needed for both parents to reach a baseline awareness before meaningful co-parenting is possible

**CO-PARENTING IS:**

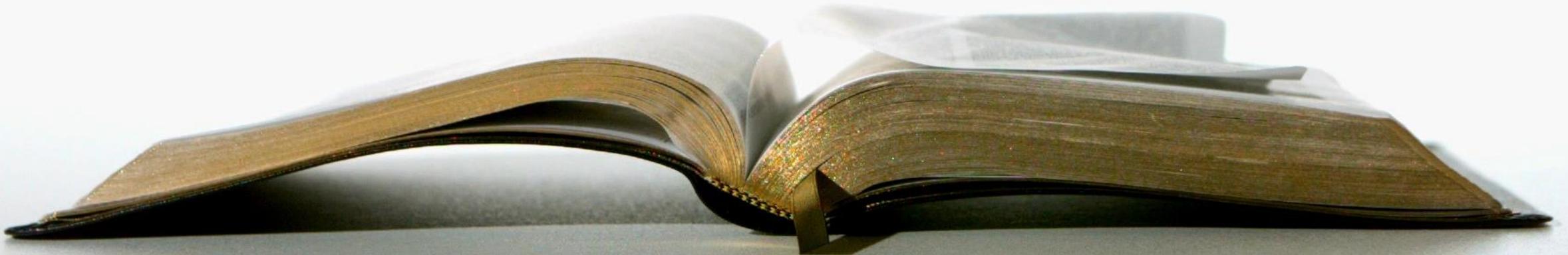
**C**OMPLICATED AND **C**OMPLEX

# **YOUR CHILD BILL OF RIGHTS**

1. Every child has the right to be cherished by both parents.
2. Every child has the right to a meaningful, nurturing relationship with each parent.
3. Every parent has the responsibility to contribute to the positive raising their children.
4. Every child has the right to have competent parents and to be free from hearing, observing, or being part of their parents' arguments or problems with one another.
5. Every child has the right to not have to choose which parent to show their love to.

Excerpted from the book Your Journey To Co-Parenting by Jeffery and Monica Johnson© 2021

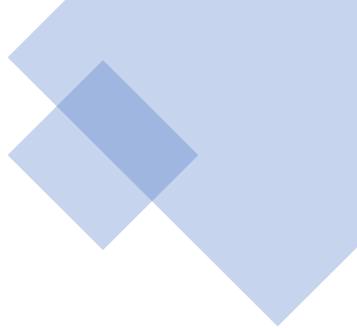
**“ENHANCING PARENTING SKILLS  
THROUGH EFFECTIVE CO-PARENTING  
RELATIONSHIPS CURRICULUM”**



**ENHANCING  
PARENTING  
SKILLS  
THROUGH  
EFFECTIVE CO-  
PARENTING  
RELATIONSHIPS  
CURRICULUM**

- Scientific research on the role of fathers has shown the importance of dads and how they influence children, including self-control, cognitive growth, and social and emotional competence.





# **ENHANCING PARENTING SKILLS THROUGH EFFECTIVE CO- PARENTING RELATIONSHIPS CURRICULUM**

A research study conducted by Manpower Research Demonstration Corporation (2009) on fatherhood and family relationships identified the benefits of relationship-oriented fatherhood programs. Specifically, they found that relationship skills approaches have shown benefits for couples' relationship quality, co-parenting skills, fathers' engagement in parenting, and children's well-being. Additionally, they found that:

- **Parents' relationships should be a fundamental consideration in future fatherhood and motherhood programs to increase their children's fathers' involvement.**
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# ENHANCING PARENTING SKILLS THROUGH EFFECTIVE CO- PARENTING RELATIONSHIPS CURRICULUM

The NPCL Co-Parenting Curriculum combines three NPCL Curriculums *Fatherhood Development*, *Working with Young Mothers*, and *Relationship Skills for Strong Families*.

All three curricula have been successfully implemented over the last 30 years by NPCL and its partners in national and state-wide demonstration projects that targeted low-income fathers, mothers, and couples.

The curriculum emphasizes the importance of healthy relationships among unmarried and never-married parents developing co-parenting plans.

**ENHANCING  
PARENTING  
SKILLS  
THROUGH  
EFFECTIVE CO-  
PARENTING  
RELATIONSHIPS  
CURRICULUM**

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*CURRICULUM HIGHLIGHTS:*

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*DIVIDED INTO THREE MODULES AND INCLUDES A GUIDE  
TO IMPLEMENTATION AND ASSESSMENT PACKAGE*

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***FATHERHOOD***

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***MOTHERHOOD***

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***RELATIONSHIPS***

# **ENHANCING PARENTING SKILLS THROUGH EFFECTIVE CO- PARENTING RELATIONSHIPS CURRICULUM**

## *CURRICULUM HIGHLIGHTS:*

### **MODULE I: FATHERHOOD DEVELOPMENT**

- Introduction to Fatherhood Development
- Manhood
- Coping with Discrimination
- Values
- Fatherhood Today
- Communication Skills
- Understanding the Child Support System
- Conflict Resolution and Anger Management
- Relationships

# **ENHANCING PARENTING SKILLS THROUGH EFFECTIVE CO- PARENTING RELATIONSHIPS CURRICULUM**

## ***CURRICULUM HIGHLIGHTS:***

### **MODULE II: YOUNG MOTHERS AND PARENTING**

- Introduction to Young Mothers and Parenting
- Values
- Defining Who I Am As A Woman
- Motherhood Today
- Understanding Children's Needs
- Dealing with Stress
- Communication
- Understanding Relationships
- Conflict Resolution and Anger Management

# ENHANCING PARENTING SKILLS THROUGH EFFECTIVE CO-PARENTING RELATIONSHIPS CURRICULUM

## *CURRICULUM HIGHLIGHTS:*

### MODULE III: RELATIONSHIP SKILLS FOR STRONG FAMILIES

Introduction to  
Relationship Skills  
for Strong Families

Emotional  
Intelligence and  
Relationships

Dealing With Stress  
in Relationships

Conflict Resolution  
and Anger  
Management

Introduction to  
Domestic Violence

Understanding  
Commitment and  
Relationships

Co-Parent  
Agreement  
Planning

# NPCL Co-Parenting Curriculum Implementation Model





***'YOUR JOURNEY TO CO-PARENTING'***

*AUTHORS: DR. JEFFERY JOHNSON AND MONICA W.  
JOHNSON*





# ***YOUR JOURNEY TO CO-PARENTING: A PARENT'S GUIDE***

## ***PARENTS GUIDE HIGHLIGHTS:***

- This book is about parents and co-parenting relationships. The main objective is to offer a jump-start to unmarried and never-married parents on the road to effectively planning and creating a co-parenting agreement, where the child's needs are at the center of every decision that impacts them.
- Co-parenting agreements are particularly crucial for never-married parents. Unlike their divorced parent counterparts, most never-married parents do not have a judge determine custody and visitation arrangements. They have to develop co-parenting plans on their own.

# ***YOUR JOURNEY TO CO-PARENTING: A PARENT'S GUIDE***

## ***HIGHLIGHTS:***

- There are **three sections** in the book. The **first section**, Chapters 1-4, focuses on mothers, including how they define themselves as women and mothers, establish a support system, prepare for co-parenting, and develop an understanding of their children at various ages and stages.

## ***YOUR JOURNEY TO CO-PARENTING: A PARENT'S GUIDE***

### ***HIGHLIGHTS:***

- **Section two**, Chapters 5-10, focuses on fathers, including how they see themselves as men and fathers, how to cope with discrimination, how to be a responsible dad, relationships, managing conflict and anger, and how to address issues of child support.

# ***YOUR JOURNEY TO CO-PARENTING: A PARENT'S GUIDE"***

## ***PARENTS GUIDE HIGHLIGHTS:***

- **Section three**, Chapters 11-17, focuses on co-parenting and how to keep children first. Additionally, the section includes tips on planning for effective co-parenting relationships, co-parenting when circumstances change, co-parenting during a pandemic, and ways to affirm children in a co-parenting relationship.

# ***YOUR JOURNEY TO CO-PARENTING: A PARENT'S GUIDE***

## ***HIGHLIGHTS:***

- **Parents reading this book will get unique insights and learn to distinguish between high functioning and low-functioning co-parenting relationships.** The authors sincerely believe that every child has rights beginning at conception. These include the right to be cherished by both parents, the right to have a meaningful and nurturing relationship with each parent, the right to have competent parents, and to be free from hearing, observing, or being a part of their parent's arguments or problems with one another. **When unmarried and never-married parents commit to effective co-parenting, their children have more opportunity to grow, develop and reach their highest human potential.**

# Thank You for Attending this Dad Allies Learning Series

A PDF of these slides will be up on our website soon.

[Dad Allies: Provider Learning Series | WA Interagency Fatherhood Council \(wafatherhoodcouncil.org\)](https://wafatherhoodcouncil.org)

You can also see past sessions and register for upcoming sessions!

For additional information you can reach out to [anne.stone@dshs.wa.gov](mailto:anne.stone@dshs.wa.gov)



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