

## Would you like to learn new skills to help you effectively co-parent with your ex-partner, and potentially avoid costly legal fees?

New Ways For Families® is a parenting skills course that has been rolled out in the USA, Australia, Canada, China, and which is currently running a pilot scheme in Scotland which has so far been well received by both professionals and service users

### What skills will I learn?

#### Managing Emotions

- Controlling anger, sadness, fear, and anxiety, so as to not over-react
- Protecting the children from a parent's extreme emotions

#### Flexible Thinking

- Acknowledging that there is more than one solution to every problem
- Turning complaints into proposals for future behaviour or future agreements

#### Moderating Behaviour

- Avoiding extreme actions, language, and parenting requests
- Responding to hostile communications so as to avoid escalating the conflict

#### Checking Yourself

- Reminding yourself to use these skills during times of stress
- Developing empathy, attention, and respect

### What does the course cost?

#### The full cost is £295. This includes:

- 12-Module Online Training Course
- 3x 90 minute coaching sessions
- Access to all other Shared Parenting Scotland online training (Money & Debt, Communicating in Challenging Times, and Stress Awareness)
- Special offers on Shared Parenting Scotland publications

**We are currently offering spaces on the evaluated pilot scheme for £50. If this is something you'd be interested to take part in, and you're happy to be part of the evaluation please contact Claire Ross ([cr@sharedparenting.scot](mailto:cr@sharedparenting.scot))**

Almost half of our service users in the last year reported having over £10k in legal and court expenses. Save money by learning transferrable skills that might help you avoid court action.

### Proudly supported by:



AWARDS  
FOR ALL  
SCOTLAND  
Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)



## Here's what some Scottish parents who took part in the pilot said about the training:

"I really wish I did the New Ways for Families® course before commencing the court process. However, better late than never. Thanks for your help getting me on this course."

**Parent on the New Ways for Families® SPS Pilot**

"It was great to be able to go at my own pace. I really appreciated being able to work around weekends and childcare arrangements"

**Parent on the New Ways for Families® SPS Pilot**

"The coaching helps embed the themes and course material, and encourages you to use the skills in a real-life setting"

**Parent on the New Ways for Families® SPS Pilot**

"This pilot has been extremely helpful in helping me find different ways of parenting separately and avoiding conflict with my ex-partner"

**Parent on the New Ways for Families® SPS Pilot**

"The course material is varied and presented in a comprehensive way, including numerous formats such as videos, role-playing scenarios, journal and reflective exercises, and quizzes"

**Coach Feedback on the New Ways for Families® SPS Pilot**

To learn more about New Ways For Families®, visit our website or watch our launch video on YouTube, including a message from Bill Eddy, founder of the Programme

**Sign up today at  
sharedparenting.scot  
/newwaysforfamilies**