

## What Participants Are Saying:

*The mix of journal entries, quizzes, and videos [in online class] made the information 'sink in' better than just quizzes alone would have.*

*I learned to listen, be patient, to communicate, keep lines of communication open, and to talk positively about my spouse.*

*I have learned from this course to not use the children as objects in our conflicts, or try to "get one over" on the other co-parent. This course has made me realize that even the little things that I say or the things that I pay little attention to can have a major impact on my children.*

### For more information or additional brochures:



Co-Parenting for Successful Kids  
Nebraska Extension

**855-308-8037**  
(toll-free)

Email: [parenting@unl.edu](mailto:parenting@unl.edu)

Linda Reddish, Statewide Coordinator

### Additional Resources at [child.unl.edu/coparenting](http://child.unl.edu/coparenting)

- Nebraska Specific Legal, Support Services and Domestic Violence
- Parenting Plans for Separating or Divorcing Parents
- Storybook Guides and Suggested Book List for Parents to Support Children and Youth

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture. Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

## I WANT TO TAKE THIS COURSE ONLINE

To register & pay:  
[child.unl.edu/coparenting](http://child.unl.edu/coparenting)



Online participants need:

- internet access
- major credit card
- email address

You may take the class in one setting (approx. 3-4 hours) or log in and out as needed to meet your own scheduling needs. Enrollment is active for 30 days.

After completing the learn checks and quizzes, the official Nebraska Co-parenting for Successful Kids Certificate of Completion will become available within 5 working days for you to download and print.

An online participant may also request an in-person appointment at no additional charge if more instruction is needed in person.

Online class includes:

- Instructor responses to your questions which relate to your own situation -- *a unique and valuable part of this class*
- Video instruction with strategies for developing a child-centered co-parenting plan
- Information on how mediation works in Nebraska
- Learn how to minimize stress for children by keeping them out of the middle of adult conflict
- Downloadable practical resources

**Cost is \$50.** *Reduced fees are available for income-eligible participants — locate application at [child.unl.edu/coparenting](http://child.unl.edu/coparenting) or call to request.*



Rev. 1.01.23 © 2023

# Co-parenting for Successful Kids



# 2023

English or Spanish

## ONLINE CLASS

Approved by the Nebraska Supreme Court as a Basic (Level One) Parenting Class mandated for parents experiencing separation, custody and divorce.

In person class available by appointment at select locations



REGISTER AT:  
[child.unl.edu/coparenting](http://child.unl.edu/coparenting)

Parent Education Approval granted by: Neb. Rev. Stat. §43-2920, et seq. Supreme Court of Nebraska (2008)





## Co-parenting for Successful Kids

“Co-parenting for Successful Kids” is a research-based education class designed to help separating and divorcing parents cope with divorce and custody.

The goal of this class is to develop respectful, responsive, and responsible co-parents. Parents learn how to answer their children’s questions about the separation/divorce, and how to keep their children safe and out of the parents’ conflict. “Co-parenting for Successful Kids” strengthens communication skills that can improve interactions between children and parents.

This class is offered:

- online and available anytime
- in English or Spanish
- in person by appointment
- at several locations in Nebraska

In person classes may be scheduled by appointment at several locations across Nebraska. Instruction will include educational presentations, videos and booklets. A Spanish interpreter is available upon request.

**Cost is \$50.** *Reduced fees are available for income-eligible participants — locate application at [child.unl.edu/coparenting](http://child.unl.edu/coparenting) or call to request.*

**855-308-8037**

“We’re here to help!”



To Register and Pay...

Visit our website:

[child.unl.edu/coparenting](http://child.unl.edu/coparenting)

**855-308-8037**

-- CALL FOR APPOINTMENT --

to meet with an instructor to take the course at one of these office locations:

### CHADRON

Nebraska Extension - Dawes County  
250 Main Street, Suite 8, Chadron, NE 69337

### FREMONT

Nebraska Extension - Dodge County  
1206 W 23rd St, Fremont, NE 68025

### GRAND ISLAND

Nebraska Extension - Hall County  
3180 W Hwy 34, Grand Island, NE 68801

### HASTINGS

Nebraska Extension - Adams County  
2975 S Baltimore Ave, Hastings, NE 68901

### LINCOLN

Lancaster Extension Education Center  
444 Cherrycreek Rd, Ste A, Lincoln, NE 68528

### MCCOOK

Nebraska Extension - Red Willow County  
1400 W 5th St, Ste 2, McCook, NE 69001

### NORFOLK

Nebraska Extension - Madison County  
1305 S 13th St, Norfolk, NE 68701

### OMAHA

Nebraska Extension - Douglas-Sarpy County  
8015 W Center Rd, Omaha, NE 68124

### SEWARD

Nebraska Extension - Seward County  
322 S 14th, Seward, NE 68434

### BEATRICE

(Central Time)

The Resolution Center,  
120 S 5th St, Beatrice, NE 68310

For Beatrice Location only, call 402-223-6061  
IN PERSON SCHEDULE

Mon, Jan. 16, 6 pm-9:30 pm	Mon, July 17, 6 pm-9:30 pm
Mon, Mar. 20, 6 pm-9:30 pm	Mon, Sept. 18, 6 pm-9:30 pm
Mon, May 15, 6 pm-9:30 pm	Mon, Nov. 13, 6 pm-9:30 pm

NO Spanish Interpreter at Beatrice location



La Crianza Compartida para el  
Éxito de los Hijos

## CLASES EN LÍNEA inglés & español

Aprobado por el Tribunal Supremo de Nebraska como una Clase Básica (Primer Nivel) sobre la crianza, ordenado para los padres que están experimentando la separación, la custodia y el divorcio.

Para la clase en línea, el participante necesita:



- Acceso al Internet
- Registrarse con una tarjeta de crédito
- Correo electrónico

**El costo es \$USD 50.**

Precios rebajados están disponibles para los participantes cuyos ingresos cumplan los requisitos – se puede acceder a la solicitud en [child.unl.edu/coparenting](http://child.unl.edu/coparenting) o llame para pedirla.

Para pagar & registrarse:  
[child.unl.edu/coparenting](http://child.unl.edu/coparenting)



Un padre puede llevar el curso en una sola sesión (aproximadamente tres horas) o puede iniciar y salir de sesiones, cumpliéndola por partes para adaptarla a su horario individual. La matrícula es activa por 30 días.

Después de acabar las pruebas y las evaluaciones de cada módulo, el Certificado de Cumplimiento Oficial de Nebraska Crianza Compartida para el Éxito de los Hijos hará disponible para descargar e imprimir dentro de cinco días hábiles.

Un participante llevando el curso en línea puede llevar también una clase presencial sin costo adicional si instrucción adicional es necesario.

envíe un mensaje de texto: 402-957-1522

[parenting@unl.edu](mailto:parenting@unl.edu)



Aprobación de Educación del Padre  
fue concedido por: Neb. Rev. Stat. §43-2920, et seq. el Tribunal Supremo de Nebraska (2008)