

How we Peacefully Divorced and Co-Parent



By Amrita

Thank you for taking the time to learn communication and conflict resolution skills, and going on your personal journey to change. I would like to thank my mentors for their guidance in the beginning. I am always grateful for my daughters my family, loves, and friends.

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Introduction

Thank you so much for reading this book.

I'm a divorced mother of two girls, at the time of writing this book, ages twelve and fourteen. I'm an author, seminar facilitator, and coach.

In this book you will learn about our divorce mediation and the agreement it produced, and how my ex-husband and I co-parent our children.

I hope you come away with a renewed sense of optimism, good information, and a lot of inspiration.

I specialize in conflict resolution, communication, and helping people see they are part of a big picture on this earth, and want to make the most of their time here for themselves, their family and friends, and also for the rest of us.

My interest in all this began when I realized that there had to be a better way to live. Fighting, arguing, wars, aggression, insults, division, hoarding; this is out-dated, ineffective, not compassionate, and does not serve the needs of people.

Also, people are waking up and realizing that they have a lot of power which previously they allowed to be subjugated: power to create their own lives, their own relationships, to heal the earth, or do whatever they want.

The world is too small, and the number of people too great, to use the out-dated us v them thinking. And your children are too precious to lose sight of, in your hurt, anger, and pain against one another as ex-partners.

I think we are entering a new way of being. People want to share, people want to give, people want to help, people want peace, and people want this in their own lives, and for everyone on the planet, and for the planet.

You are taking a great step by reading this book. Your children deserve a happy childhood, and role modeling of effective conflict resolution. Please take this seriously. I know I was not modeled effective conflict resolution, and that affected me for decades, until I learned what I teach you. Your children do deserve the best.

Please feel free to email me anytime.
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CHAPTER 1

Post-Divorce Peace affirmations and vision board

Before we start, some people like to use affirmations and vision boards; putting positive words and images into the mind so you become that reality.

The affirmations are positive, and speak in the present moment, even if it is not currently happening in the present moment. You read and say them enough that they become true.

I am going to offer some co-parenting affirmations, but feel free to come up with whatever works for you.

Everything is going just fine.

The children are happy.

The children see conflict resolution in action.

We co-parent together.

I love my time with my children.

My ex and I successfully negotiate our issues.

Now it's your turn. You can make your own affirmations, and attach an image in your mind. You want the affirmations to be positive, and describe what you want to happen, as if it is happening. Then you repeat over and over and it will become reality. Read your affirmations at least three times a day.

You can also make a Post-Divorce Peace vision board, with the affirmations and also images you want to hold as your goals. The images are what you want the future to look like. You can use a large piece of poster board to make your vision board. Then, you attach photos, drawings, and/

or images you find in magazines or online. You can have anything on there. Once you make it, look at the vision board at least three times a day.

You are already moving into this future!

Bring photos of the children with you to mediation and your negotiations together. You and your ex can look at the photos and work together for them, your children, the most important people in your life, and the people who need you the most.

You are going to have strong emotions when you talk. You might be sad, angry, frustrated, or enraged, but you can say the emotion you are having, or just continue to work through with your ex. You can cool down, and reapproach the discussion, focusing on the children, without pouring that emotion into your ex.

So, remember your Post-Divorce Peace affirmations and vision board, to stay focused on the great future to come!

CHAPTER 2

My marriage and divorce

I got married in my late 20s, about seven years after meeting my ex.

I was clueless about marriage, communication, and conflict resolution. I had lived at home (except two years at college) until I moved in with him around age 23, and was really pretty clueless about relationships in general.

But worse, I had done no self-examination, no personal growth, and was hypoglycemic, which caused me mood swings, until I modified my diet around the time I got married. I had so much emotional baggage (that after I got divorced I worked on getting through) that it would cost a fortune to check that baggage under the plane these days!

We had two daughters, and after eight years of marriage, in my mid-30s, I found myself in a transformational period. I found myself doing my own personal growth, which I had not done yet in my life, and realized that I did not want to be married. It was like I woke up and realized I had a life, and great children, but I was not to be married.

Let me say here that the emotions at this point were not peaceful in our house. This is a major life-changing event for anyone going through divorce. But somehow we got through it.

My ex emphasized that the girls should come first, and we talked about going to mediation, and co-parenting. We felt strongly about making everything as equal as we could. How well the co-parenting is working today might seem like luck, but our success is due to these visions, and patience, skills, trust, and respect.

Looking back, I believe I met him too young, and was no where near ready to choose a life partner at that point. I had nothing against him, and still feel he is a great father, but rather than stay married until the girls were 18, I decided to divorce, which in both of our families was really not done. In front of him and the girls last year I was finally able to publically say what I just said in this paragraph.

CHAPTER 3

Our mediated divorce decree

Mediation is a process where you have a neutral, trained, third party assist you in negotiating with another person. The mediator assists you in opening up to the other person, learning everyone's needs, and making an agreement based on those needs.

I had a client who used mediation, and they were happy with the results. We looked into mediation, and found out that it is not aggressive, less expensive than going through the court system, fair, confidential, and it looks out for the children.

I was a certified mediator here in Florida, but I am not certified to do divorce mediations. At the end, I am going to give some recommendations for local family mediators.

So, nine months after telling him I did not want to be married, we went to mediation to create the divorce decree (which I will refer to as the agreement). We decided not to use attorneys. Many mediations go through with no attorneys, but sometimes the couple does want to be represented.

We met with the mediators, and started to work out the agreement. The mediators were a team; the husband an attorney, and the wife a therapist. They had a template they use, which was very thorough. We ended up with an agreement almost thirty pages long.

It's perfectly acceptable and expected that you will discuss your feelings around issues in mediation, but not in an abusive way. There are ground rules made first in mediations. You talk in a way so you feel listened to, and you want to be sure in the mediation to discuss every single little thing and get it down on paper.

The girls were ages three and five at the time, so although the agreement was made with their ages in mind, it was more so with their entire childhood in mind. At the end of the agreement, it states that if there is any violation of the agreement, we would seek mediation first, before litigation.

There is a wonderful trend now in creating divorce decrees: child-inclusive divorce. Depending on the age and situation, the children are interviewed and their needs included in the agreement, or perhaps you can have the children present for creating the relevant parts of the agreement that impact them. At the time we were divorcing, our children were too young to take advantage of including them in the process, even if we had known about it.

Eight-and-a-half years later, we are still using the agreement as it was written. Just like with parenting, the more work you do at the beginning, and the more thorough you are, the better the results will be, and the more long lasting the results will be as time goes on.

Our agreement covers:

- Financial matters; how to divide up property, assets, and debt
- Rules about leaving the other ex alone and free to live their own life
- Number of miles to live apart from each other, and what to do if one parent wants to move out of that zone
- The co-parenting schedule, which will be detailed in the next chapter
- Holiday and parent birthday visitation schedule
- What religion the children will be raised as
- Vacation and religious training payment arrangements
- How parents conduct themselves in front of the children
- How to prepare and present the children when time to go to the other parent (washed, fed or not, etc.)
- How to split expenses; we did not do child support, but you can do that and have it in the agreement
- There is no provision in the agreement for what happens after they turn eighteen, they are on their own then, or whatever we discuss

- Modifying the agreement
- What happens if the agreement is violated
- And more small details

We signed the agreement, and started living it as separated parents. Four months later, we went before the judge, and the divorce and agreement became official.

I want to tell you just one thing that was overlooked in the agreement. When you are listing things that people are going to do, make sure that you include:

- What is to be done
- Who will do it
- How they will do it
- Where they will do it
- Date or deadline to do it by
- Account numbers, other identifying information

This is standard for mediation agreements. However, especially if you have a strong atmosphere of trust in the mediation, you might overlook something, or it might seem petty. Include it anyway.

You might also include a provision for how to notify each other that you want to change your schedule, or need to switch some days. For instance, when we got divorced, we had a consistent schedule. As time goes on, I have been changing more days, and this could be a problem for the other parent if there is not a system of notification in place.

You might want to consider how to handle little things like allowances, or include a provision where anything not listed in the agreement is open to negotiation. You can also ask the mediator how to handle such situations.

It really is up to you. It is your agreement, keeping the children in mind.

CHAPTER 4

How we co-parent

Our co-parenting centers around these main facets:

- Living arrangement
- Child expenses
- Values
- Decision making
- Conduct around the children

Living arrangement

There are many options for co-parenting:

- Have one house where children always live, and each parent spends a specified amount of time there
- Half week with mom, half week with dad (like we do)
- Week with mom, week with dad
- During week with one parent, weekend with other parent
- Or any other way you decide that makes sense to both of you, or you and the children if they are old enough to decide

We decided that I have the girls Wednesday to every other Saturday night or Sunday morning. Then he has them every other Saturday night or Sunday morning to Wednesday.

Recently he and I talked about changing the schedule, but the girls insisted it stay the same. Because we do not have a pressing reason to change it, it stays the same, just like it was eight-and-a-half years ago. I do think it is better for the children to bring some common sense into the situation. We are doing this for them, and why not do what is convenient for them if it works for us too?

We also both have the doctor and other health provider's phone numbers. We call each other to report on health issues, and anything important that comes up while the children are with either of us. Sometimes we call just to vent!

Child expenses

Since we decided to split expenses, and how to do this, there is no child support involved.

This involves extreme trust. We trust each other that we will split any expenses that come up, such as:

- Summer camp
- School items
- Clothing
- Cost of the gift to attend their friends' birthday parties
- Their birthday parties
- Rough split of holiday gifts
- School trips
- Dental and medical insurance and treatment cost
- Eye exams and glasses
- Payments into savings for them
- Cell phones cost and bills

If you try in mediation, and cannot do this, you might be better off negotiating for a money support system. You can use the above list and your own items to work out the numbers. The mediator will help you through this.

So, when each of us has the girls, that parent feeds them, houses them, entertains them if they choose, buys sundry things, drives them to their friends and entertainment, and pays to vacation with them (we do not split vacations or religious training, or local entertainment that the parent decides to do with the girls).

I will say that large purchases like cars, iPods, and computers are not in the agreement. So far, luckily, we have actually been pretty much in agreement as far as how to approach things in general, and this will be something we will have to figure out how to handle. Do they pay for their own car by getting a job? If they save their own money, do we kick in a little?

Other things the girls save money for, like extra things they want, or the iPod. We each give them an allowance, that currently is equal from each of us. We each have worked

out our own way of handling chores and payment or not. That may be another item you two agree on, so it is the same in each house, or you may decide each parent handles this their own way.

Values

Our values are not identical, but are similar enough to make a similar foundation whichever house the girls are at. Fortunately we have an atmosphere of cooperation, and we are able to talk and discuss, and realize we are not trying to change the other person, but see what is in the best interest of the girls.

If you and your ex have different or drastically different values, it will come out at the mediation. You cannot control the other person, they are no longer your partner. You can, however, work together to make the safest atmosphere that allows the child to grow, while keeping what you believe in intact. This is not easy, and this is why mediation is the best forum to make an agreement that you both believe in.

You can coach your children with your similar sets of rules and values. Not exact rules, it will never be exact, especially if you live with a new partner. But if you can, I strongly advise you to start dialogue with your ex if you have any problems that come up as the years go by. With children, you never fully know your values and expectations until the time comes.

You may find this almost impossible to do. In that case, still bring up the subject, maybe casually.

“The children are getting older, is there anything you want to talk about, or rules we should address?”

Again, it is best to approach dialogue by asking questions, and being rational. If you must, put the photos of the children on the table when you are discussing.

Here is a sample dialogue when parents have different values. Values are rules we live with that are tied to our families, our identity, and perhaps to trauma that occurred earlier in our lives. You can tell someone is talking about their value if they say “should” in the sentence, or hold onto what they are saying very strongly.

Joseph: “The children want to go to the beach alone with their friends.”

Kiki: “But they are only 11 and 13, that is way too young to go to the beach alone like that. They should wait until they are at least 15.”

Joseph: “Can you tell me why you feel like that?”

Kiki: “Well, their age is the age I was almost attacked when I was at the beach. I am too afraid that will happen to them.”

Joseph: “Wow, OK, I see what you are saying. What ideas can we come up with?”

Kiki and Joseph: “What age do you think is OK? Can we allow them to go and just see what happens? Can one of us stay a quarter mile down the beach, in case they need a parent? Is there an older cousin or friend who can go with them? Is one of the other parents staying, or can we rotate which parent stays further down the beach? How close would they be to the lifeguard?”

In this case, you listen to each other, you understand what is behind your ex's value, or fear, you ask questions, and you can come up with options. When you trust and dialogue like this, you will always find an answer. You can do this as parents alone, without input from the children, if you feel strongly about making rules together and a unified front based on your values. Or, you can involve the children, as we explore later in the book.

Some co-parents agree on all rules to be the same, such as bedtime routines and time, how to discipline, and any rules that if you were still together you would decide together. We did not do this, but perhaps especially when they were young, it might have been beneficial. Now they are as tall or taller than me and they make the rules. Just kidding! As you will see later, we do allow them some latitude in decision-making when appropriate, to prepare for that process as an adult on their own.

We also felt it was important to do some things as a family. We both attend their important events. Until recently, we spent every major holiday together, regardless at which ex-in-law's home it occurred. We are always at their birthday parties. We've been known to go out to eat together when a school year is over.

Decision making

We discuss every new milestone and how to handle them (these kinds of things are not in the agreement, this is freeform negotiation and the process is explained later in the book):

- Being dropped off at the mall alone, then movies with friends, and then the beach with friends (and at what point do they walk to the public bus)
- How much to spend on friends' birthday gifts, and on their parties
- What age to stay home alone and to get to school bus alone
- Grades
- Email, instant messages, when to get one what website, like MySpace
- Their safety
- What age to start working
- What age to start driving

There will be more as they get older. So far so good. If we are not in agreement, many times we talk about it and decide, or will defer to the decision that is less restrictive.

The girls have friends who are in divorced families where the mom has one set of rules, and the dad another. It is confusing, and also the children have to keep their allowable activities secret from the other parent, or know they are breaking one parent's rules at the other parent's house.

If you want, decide what discussions the children can hear or not. So far neither one of us is living with another person. The children do not get to hear successful conflict resolution between two adults unless they hear us.

Conduct around the children

Because our agreement has guidelines for our conduct around the children, we are in pretty good shape there, at least compared to parents who do not use a guideline. We do not have perfection, but that is okay. Learning and teaching conflict resolution has helped immensely. We both are communicators, so we are already inclined to want to talk things out.

The girls live a relatively stress-free life for children of divorced parents. They say they are happy in their lives.

Remember the affirmations and the vision board?

They apply here in a big way. Review them at least three times a day, and you will live them.

CHAPTER 5

How we negotiate the other non-parenting issues

Of course, if you have no children, you can just part ways.

But divorce lasts much longer when you have children, and co-parenting is continually working together. Sometimes months go on like clockwork. Nothing to talk about, nothing to change. Then sometimes every week is a little or big discussion about something.

Some co-parents hold scheduled, regular meetings so they have a time to discuss issues. This is a good idea to make sure issues are addressed as they arise.

Other issues are:

- The schedule
- Property/finances
- Personal negotiation

The schedule

If we need to change the schedule due to work, travel, an event, or we have guests, we try to give as much notice as possible to the other parent. When we change the schedule, we make up the days with the other parent.

In the past, the girls went to elementary school aftercare, and had to be driven home. If the designated parent could not pick them up, or would be too late, we would try to call the other parent to help, even it was not that parent's day. You may have sitters or family you can call first, without relying on your ex. Whatever works best, and works for both of you. Now that the girls ride the bus home, this is a thing of the past.

It does get easier! Like I mentioned, and as you know, the more work you put into parenting in their younger days, the easier it gets in the long run.

You and our ex will fill your children with love, responsibility, joy, compassion, and accountability, and your job will only get easier. You will get a teen who will say "I love you" to you, in front of their friends.

If you want to permanently change the custody schedule, it is up to you. We have a layer of trust by now, so we could do this without an official change to the agreement. But I would recommend that if you want, or have any doubts or there is already mistrust and agreement violations, you go back to mediation, and make a new agreement for the schedule.

Anytime you have less than a perfect scenario, you are better off going back to mediation, which your agreement tells you to anyway, and working out an official and legal change to your agreement. Making this kind of agreement will not sour your relationship. You need to ensure a mechanism for compliance. It is in the best interest of your children.

Property/finances

To prevent problems, it is best to get deadlines, amounts, and account numbers in the agreement. Earlier this year we successfully used mediation to finalize a finance issue from the agreement.

If you stated in your agreement that you will mediate first, then that will be your first route to solve a problem that a discussion between the two of you did not resolve. The mediator can assist you in exploring the deeper issues surrounding the problem, and you may be able to use the existing agreement after all, or you may amend the divorce decree with a new agreement produced in this mediation.

Personal negotiation

Many times a conflict, or just trying to talk about a problem, can spiral out of control. When emotions are touched, people tend to run away with them, and their words. It is normal and useful to have and express your emotions,

but not dump them on your ex in an abusive way. You can remember to focus on the matter at hand, and ask questions of the other until you understand, before responding.

If you want to learn more about conflict resolution, I wrote a book called ***Simple Conflict Resolution: Simple Conflict Resolution: Your 12-Day Journey to Change*** that you might enjoy.

Here is a simple personal negotiation method you can use for conflict resolution or exploring a problem.

1. You say you want to talk about whatever the issue is, for instance, changing the schedule. Be objective, yet cordial.

Joseph: "I need to talk to you about the schedule. I don't know how to do the schedule we have and this new job they offered me."

Notice the word "how". Collaborative conflict resolution is all about "how". How to meet everyone's needs.

2. Say how you feel, describe the problem, and ask them how they feel about it and if they have any concerns or questions.

Joseph: "I have been looking for this kind of job for so long, and my unemployment is close to running out. I feel caught because they told me the hours of the job, so I am not able to negotiate different hours because everyone has to be there the exact times we are open. But I also know that your job does not have flexibility either."

3. You can get a paper and list all the needs both of you have surrounding the issue.

Kiki and Joseph: "We both have the same work hours. The children can take the bus to school, but someone has to supervise that, and pick them up from aftercare. Also, they need to eat by 6:30."

4. Brainstorm options to fulfill your needs. Go crazy, get out of the box!

Kiki and Joseph: "We could start a kid's taxi service to take them home. We could get a sitter in the AM and PM. We could have a meal prepared. We could get the tenant in the back apartment of my mother's house to help us. We could..."

5. Evaluate the options for feasibility.

Kiki and Joseph: "Numbers 1-3 can work if we... Numbers 4 and 5, etc."

6. Cross off the list what will not work.

Kiki and Joseph: "Numbers 1-4 will never work after what we just talked about. Numbers 5-7 can work. Let's talk to them to see if they can do it, and what they want to be paid or if we can barter."

7. Make an agreement based on what will work.

Kiki and Joseph: "Every morning Jamil's cousin Pat will watch the children get on the bus, in exchange for making Pat five dinners a week that he can freeze and eat anytime. Every evening we will have Yvette, the college student next door to our other sitter, get the children from aftercare and take them home on public transportation, to whichever house they are at, and get them dinner ready. We will pay Yvette \$10/hour. The parent whose morning or evening it is to have the girls will make the food for Pat and pay Yvette. Aunt June and Uncle Aaron are the back up if Pat or Yvette are not available."

Yes, this does sound complicated. However, these kinds of agreements are creative, and utilize people who can help you and need something you have to offer. Otherwise, you both might be stressed out or not able to take a job or do something else you need to do.

8. Write down your new agreement and make a copy for both of you, and for the people who are helping you.

If you want to amend your agreement, you can ask the mediator for advice on whether this is an issue that should be documented, or how to do the change on your own.

That is really all there is to addressing a problem. In the beginning it will feel strange, and a lot of work, but you will get some great, flexible, and creative agreements from the process. It will take a while, so have the process printed out next to you, with photos of the children if you need, and use it to go through your negotiations.

CHAPTER 6

How we involve the children in decision making

There have been times, as the girls get older, and their needs change, that we involve them in decision making. For instance, we asked them about what schedule they wanted, and they said the same. We kept it because it is not a pressing issue.

We have asked them what they want to give their friends for birthday gifts, and we compromised on a price.

Lately, we asked them if they wanted any extra classes, lessons, or sports. They say no, and really mean it, so we are not pressing the issue. Once they start high school, we are going to address this issue again. We have told them that we expect them to have extracurricular activities, and have impressed the importance on their college applications, so they can decide which ones.

We have talked to them about when do they feel they are ready to go here or there alone or with friends, usually based on them asking us for permission. Sometimes we wait until they are a little older. Usually, we allow them with conditions, and if they meet them, they can do it again; so far they have been reliable and truthful.

If you really want, you can hold like a summit for major changes before they occur, like how you both visualize their teen years. You can arrange these big-change sessions and include the children.

We do have an issue coming up that will require the four of us to decide a new schedule or keep the same one, until I move into the school district. Either the girls will now stay with their father during the week, and me on the weekends, or we can keep the same schedule, but I can

drive them to the school bus in their neighborhood. Most likely, when we meet, the girls will decide what is best for them!

We have held meetings with the four of us if rules were broken, or something happened that merited both parents talking to the children. No child likes this, but we are able to present the unified front to them when needed.

CHAPTER 7

How the children are doing

Our youngest was three years old when we divorced, and she did not seem to realize what was happening. The oldest was five, and was not that happy.

The consistency of the schedule, and our dedication to the shared vision of co-parenting provided a stable foundation for us all to live the new lives.

They seem well-adjusted:

- Nice friends
- Decent grades
- No self-destructive behavior
- Do what they say they will do
- Get mostly consistent message from both parents
- They say they are happy in general
- They think about life as adults, where they will live, where to go to college, and how they would raise their children
- They have our support

I can't stress enough how helpful the affirmations, vision boards, and personal negotiation can be in co-parenting.

Our co-parenting works because we keep the children in mind, we cooperate, no one is cruel or unreasonable, and there is trust.

CHAPTER 8

What if your ex does not want to talk?

Conflicts involve not only what is expressed on the surface, but a myriad of emotions and experiences under the surface, which drive the real reason for the conflict. Many of us were never trained in how to approach a complicated conflict.

If you are ready to dialogue, that is wonderful. The tips in this book can help you. What if you find some resistance in your conflict partner?

Instead of trying to force your ex to talk, see if the below helps:

1. Apologize. For what? This gives you a chance to really look at the conflict. There is a good chance you have something to apologize for.
2. Ask them why they do not want to talk.
3. Do not judge your ex. Make it safe to talk to you.
4. Ask how else to solve the problem. Then, try that way together.
5. Agree on another time to talk.
6. Ask if your ex wants to spend some time not talking about problems, but instead just being positive and visualizing a positive future co-parenting together. How would this future look? What would you be doing?
7. Start with smaller conflicts to solve before the bigger or deeper ones.
8. Remember to see the pure core of your ex. See the fear in you, and in your ex, and feel compassion for both of you. You both need skills. Help each other develop those skills.

9. Talk first about needs, rather than getting into feelings first. Your ex might feel more comfortable problem solving rather than discussing. At some point, as a separate conflict, or as part of this one, you can talk about needing your feelings to be heard and discussed.

10. Start the conversation with face-saving.

“I am sure I have contributed to our conflicts and our not being able to talk well in some way. I want to do things a different way with you. I am sorry that I have caused you any pain that makes you not want to talk to me. I need your help in co-parenting our children. What do you need to be able to talk to me about these issues without us going to court first? I promise to listen to you without judgement so we can get to a point that we can talk first, and keep the children in mind.”

11. If all else fails, you need to get their attention. Some people need to know your boundaries in no uncertain terms.

“We have talked about this before, this is not something I can live with, and you promised you would stop. I want to be on the same page with you as co-parents. How can we resolve this? I need to talk about it, and see if we can resolve this in a way so we do not need to go to mediation about it.”

12. Seek therapy or mediation services if needed.

Remember, it takes two to tango, and if you are in a conflict, like it or not, you have also contributed to the conflict, in some way. Even if you do not think so, something is holding the two of you back from dialogue.

Now you know the story of how we peacefully divorced and co-parent. The emotions when we divorced were not peaceful. But we were able to hold a vision and do what needed to be done to create a new life that is working still. If it does not work, which happens, we talk it out.

See how you can work together with your ex and your children. You will be glad you did, and life will be much easier for all of you, and your new partners and new families.

Good luck, and enjoy!

Resources

You can ask around for local referrals, or look in the yellow pages. Also, at this point in time, you can also find information you need on a website, in a seminar, or in a book you can buy. Below are some links to get you started.

Local south Florida mediators

Dr. Elinor Robin, David Spofford, JD
www.afriendlydivorce.com

Lisa Bennett - lawyer and mediator
(954) 763-5778

Other referrals
www.mediationtraininggroup.com

A site for children coping with divorce

www.chatfirst.com.au

Child-inclusive divorces

www.mcwilliamsmediation.com

Journal of Family Studies, Volume 10 Issue 1 (April 2004)

Child-Focused and Child-Inclusive Mediation:
A comparative study of outcomes
*Jennifer McIntosh, PhD, Caroline Long,
Lawrie Moloney, PhD*

Emerging Practice Issues in Child-Inclusive Divorce
Mediation
Anthony Grimes, Jennifer McIntosh PhD

How we Peacefully Divorced and Co-Parent

by Amrita

If you think there is a better way to get divorced, there is. Learn how we created a co-parenting plan in mediation that is still working, eight-and-a-half years later.

You too can visualize a positive future with your ex, one in which your children will thrive, who ultimately are the most important people in your lives. You can even co-create a parenting plan in a child-inclusive mediation. Imagine that!

The book includes how we mediated the agreement, how we co-parent, how we negotiate other issues, a personal negotiation process, including the children in decisions, and some tips if your ex does not want to dialogue.



Amrita wishes to help people resolve and transform their conflicts and stressful situations so that they can let go, get into the flow of life untethered, and go to sleep with nothing on their mind.

The author of self-help books/ workbooks, Amrita has learned from numerous conflicts, holds an MPA with a Graduate certificate in Conflict Resolution, is the parent of two aware children, and coaches in conflict resolution, communication, relationships, and spiritual awareness.