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## C4P News

Focus on Parenting Through Divorce

### Center for Parenting Update

#### Staffing Update:

C4P staff now consists of five team members

- **Dr. Heidi Stolz and Dr. Denise Brandon**— Co-Directors

- **Patricia Roberson, M.S.**  
-CFS Ph.D. Student  
-Graduate Assistant

- **Eliza Smiddy**  
-School Counseling M.S. Student  
-Graduate Assistant

- **Elizabeth Atchley**  
-CFS B.S. Student  
-Student Intern

**Save the Date:** The Center for Parenting will host our Eastern Regional Parent Education Conference in Johnson City, TN on October 19, 2010. We will be sending more information on this opportunity!

### Meetings, Trainings and Events

- Promoting Healthy Weight Colloquium.  
Early childhood: Nutrition, Physical Activity, Parenting and the Child Care Experience Webcast.  
-September 24, 2010,  
-12:30-5:00 PM EDT  
<http://nutrition.utk.edu/seminarsHealthyWeightColloquium.html>.
- All Babies Count Conference  
-The Urban Child Institute  
-Friday, September 24, 2010  
Email: [Nicole.Gates@shelbycountyttn.gov](mailto:Nicole.Gates@shelbycountyttn.gov).
- "A Safe Place" Workshop for Child Sexual abuse Awareness and Prevention  
-Saturday, September 25, 2010  
-Oak Ridge Civic Center  
-1:00-5:00 PM EDT  
<http://www.speakingout-csa.com>.
- 7th Annual Connecting for Children's Justice Conference  
-Sheraton Music City in Nashville, TN  
-November 21-23, 2010.

### C4P Trivia Question

When was the first known decree of divorce obtained in America?

- A. 1639
- B. 1753
- C. 1820
- D. 1909

The first person to send the correct answer to [center4parenting@utk.edu](mailto:center4parenting@utk.edu) will receive a \$5 Starbucks gift card.

### Featured Family Professional

Melissa Rector is the University of Tennessee Extension- Jefferson County Family and Consumer Sciences (FCS) Agent. As an FCS Agent, Melissa provides educational programs and research-based information related to nutrition, health, food safety, parenting, family financial management, and environmental health and safety to adult audiences in the county. One particular parenting class she teaches is *Parenting Apart: Effective Co-Parenting*. This class fulfills the Tennessee parent education law that mandates divorcing parents of minor children to take at least four hours of parent education. The four-hour class is taught using discussion, videos, booklets, and handouts in order to help parents understand the impact of divorce on their children as well as teach ways to help their children through the divorce process. In follow-up evaluations from two different studies, most parents report they are less likely to put their children in the middle of their conflicts after completion of the class. *Parenting Apart: Effective Co-Parenting* is offered once a month in Jefferson County as well as in most other UT Extension county offices across the state. You can find more information on the class by visiting <http://fcs.tennessee.edu/humandev/coparenting.htm> or contacting your local UT Extension office.

Submitted by: Melissa Rector

### Research Update

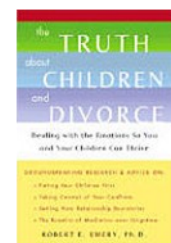
In the media, lately there has been much debate about appropriate parenting arrangements for children after a divorce. A recent Review of Literature on the subject gives us an update on the research.

- According to this Review by Margo Kushner, there is not one right or wrong answer to this predicament. Children are less affected by the time they live with one parent or the other than the access they have to both parents.
- Children also adjust better when there is little conflict between parents. Children should be left out of their parent's conflicts and should not become a negotiation factor. Parents should also try to refrain from talking badly about each other in their children's presence.
- Mothers typically obtain more parenting time by the court than the fathers. According to the review of literature, boys would like to spend more time with their father than is normally allowed.

Kushner, M. A. (2009). A review of the empirical literature about child development and adjustment postseparation. *Journal of Divorce & Remarriage*, 50: 7, 496-516.

### Featured Books

**The Truth About Children and Divorce** by Robert Emery Ph.D. explains how emotions and the ways parents handle them shapes how the couple divorce and how that influences whether children suffer or thrive in the aftermath.



#### Helping Your Kids Cope with Divorce the Sandcastles

**Way** by M. Gary Neuman, L.M.H.C. with Patricia Romanowski is about the painful and confusing process of divorce. It deals with topics such as building a co-parenting relationship, when you or your child should see a therapist, suggestions for talking with your child about sensitive issues, how to stop fighting with your ex-spouse and much more.