

new ways FOR families®



What Is New Ways for Families®

If you're preparing for a mediation to solve any type of problem, one or two sessions with a coach before the mediation can help you stay calm, make reasonable proposals and make decisions that can last.

Your coach can help you practice 4 key skills in advance that can help you accomplish these goals during the mediation process. Your coach can be your lawyer, a counselor, the mediator who is providing the mediation or a mediation staff person.

Why New Ways for Families®

Parents will learn the skills to put their children first by improving their co-parenting skills and *jointly* making their parenting decisions *out-of-court*, with the help of attorneys and/or mediators.

Why should a stranger be making your parenting decisions? Learn to better communicate with your co-parent to make your *own* parenting decisions, *together*. When parents make their own parenting decisions, they are more likely to follow the agreements and protect their children from the conflict.

How to use New Ways for Families®

Pre-Mediation Coaching

Mediation involves a mediator who has been trained to stay neutral and help the participants make their *own* decisions.

By completing 1-2 coaching sessions with a trained professional, you will learn how to better make decisions in order to successfully co-parent and protect your children from being caught in the middle.

Decision Making

After completing coaching sessions, you will be more prepared to make your own agreements in mediation or in negotiations with the other parent or with the help of a lawyer. Remember to use the New Ways skills as you make agreements.

Contact us for more information about how New Ways can help your family.

(780) 298-6402 / info@willowmaven.com / willowmaven.com

“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents”

~ Jane D. Hull, Former Governor of Arizona

Skills before decisions!

Both parents will learn the **4 Big Skills** before making big decisions.

Flexible Thinking:

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

Managed Emotions:

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

Moderate Behaviors:

- 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