



Professionals' Introduction to UpToParents.org

July 1, 2019

Welcome to America's premier—and totally free—online educational tool for parents raising children between two homes. Our charity's website has assisted over 100,000 parents in building a focus on their children's needs—and in using that focus to define and guide their future interaction.

As part of our commitment to offer the finest assistance possible to parents and the professionals working with them, we launched the newest edition of UpToParents.org in July 2016. Here are some of our updated features.

- We've combined our two other websites (ProudToParent.org for never-married parents and WhileWeHeal.org for reconciliation-minded parents) into UpToParents.org. Whether parents are divorcing, divorced, never-married, or trying to save their marriage, they will be able to choose the version helping them from UpToParents.org.
- Judge Michael P. Scopelitis and Dr. Kylea Asher-Smith have teamed to offer five short videos that now escort parents through this one-of-a-kind co-parenting educational opportunity.
- As a result of suggestions from many parents, we've developed more guidance on strategies to consider in special cases like ones involving high conflict or domestic abuse.

Referrals of parents to UpToParents.org remain easy, and we believe the benefits will be more powerful than ever.

Look for the following attached to this memo.

- A. Sample professional endorsements.
- B. Sample parent feedback.
- C. Some advantages of UpToParents.org.
- D. Sample referral rule from courts.
- E. Sample referral notice from co-parenting educators.

Samples of completed website work are available on the Professionals page of UpToParents.org.

You have our sincere thanks for your efforts in serving the best interests of families experiencing the challenges of major transitions. Feel free to be in touch with us with questions and suggestions. Your collaboration continues to make our charity's tools a uniquely effective set of resources—and your voice plays an important role in reaching more families.

A. Sample professional awards and comments

American Bar Association (ABA), “Lawyer as Problem-Solver Award.”

Association of Family and Conciliation Courts (AFCC), “Judge Irwin Cantor Innovative Program Award.”

Academy of Professional Family Mediators (APFM), “Children’s Champion Award.”

“I fully endorse these Commitments for use with all divorcing parents. Too often, the message to divorcing parents is that they should simply refrain from bad mouthing the other parent. These Commitments communicate that parents have a responsibility to actively support and nurture the child’s relationship with the other parent—and they stimulate parents to consider numerous ways to do so for their children. Bravo.” Janet R. Johnson, Ph.D., *In The Name of the Child, Impasses of Divorce, Through the Eyes of Children*.

“A free public tool with enormous promise for minimizing harm to children.” Hon. Brent E. Dickson, Indiana Supreme Court.

“*UpToParents* is the *Google* of online education for separated parents. It’s by far the best, it’s universally available, and it’s free. It sets the focus squarely on children and their needs. It’s truly ingenious and transforming.” Ann M. Schelle, MS, LPC, National Coordinator and Trainer of TransParenting (live co-parenting classes in more than 150 jurisdictions).

“I’ve had a front-row seat to the considerable help provided in divorce and paternity cases to families and courts by *UpToParents*. It’s really an ingenious collection of child-focused exercises that can dispel the myths that mislead parents. And it shows parents how they can win by focusing on their children’s needs.” Hon. Michael P. Scopelitis, St. Joseph Superior court, South Bend, Indiana.

“Without question, the single most important thing parents can do to prepare for our divorce adjustment classes is to complete *UpToParents*. We’d never again write or teach a co-parenting class without this parent preparation as a component.” Michael Sheehan, Ph.D. Child advocates in Divorce (CAID).

“I can confidently say there is a consensus among our Judiciary, GALs, co-parenting educators and, yes, even members of our local Bar, that if we had it to do over again, we actually would have started our county’s use of *UpToParents* even earlier. For jurisdictions already using live classes, *UpToParents* can exponentially multiply what parents arrive ready to learn and absorb. For jurisdictions without live classes, *UpToParents* may be the only good co-parenting education available to parents—and AT NO COST.” Hon. Gregory A. Horn, Wayne Superior Court, Richmond, Indiana

B. Sample parent feedback

Note: The three most common things found in parent comments are: (a) "awesome," (b) "eye-opening," and (c) "I wish we had heard about this sooner." Here are some sample comments.

1. The least judgmental, most child-centered and encouraging set of information I've seen, and I've worked as a pastor, therapist, and educator for many years. Great work!
2. It was wonderful. Very supportive of children without making parents feel scolded. The wording made me feel you with me every step of the way. I have already recommended you to three people, including my divorce lawyer.
3. I didn't realize how my daughter was feeling until seeing this website.
4. It is a fantastic website that I think ALL divorcing parents should visit. It really puts everything into perspective and reminded me who is really important through this process.
5. This was life-changing for me. I am a physician and my marriage of 17 years is ending. I firmly believe this website helped me prevent significant damage to my beautiful children.
6. I loved it. I cried and I laughed through the whole thing. Sometimes in the midst of a painful divorce you forget why you had children and why you were together. It helped me realize that life goes on and how we start our day is how our children are going to start theirs.
7. One word—FANTASTIC. Loved the easy to use and understandable concept of the site. The information and personal touches (i.e., using David's name). Having the comments and answers from other parents and children. These really made this program hit home. It has started a new way of thinking for me.
8. Loved it—it gave me a whole new perspective on who we should be focusing on.
9. The emphasis always going back to the kids was AWESOME.
10. I love the website. It is very helpful. I'm an attorney, and I'm going to recommend that all of my divorce clients go to the website.
11. It has changed my attitude toward my soon-to-be ex-wife; I had had NO idea the damage I was doing to our son by treating his mom badly.
12. Initially, I thought it was just some silly thing I had to do for my attorney. However, once I got going on it, I realized it wasn't for my attorney at all. It was for me and, more importantly, my children. It really opens your eyes.
13. So easy to use. It should be mandatory for the process. Love the information.
14. I wish my ex-wife and I had done it long ago. I believe everything between us would have gone so, so much better. It helped immensely.
15. WOW! Very well thought out & user friendly. My daughter was born after her mom and I split up. Ellie is now 10 years old, and we have been in dispute for the duration. I wish I had found this sooner.

16. The website is so needed. I started to cry when I read the first commitment with my kids' names in it. Thank you for helping us through these heart-wrenching times. I wish I could have seen this earlier.
17. I loved it—absolutely loved it!! I am so thrilled and proud of my local court that they have mandated this website. I only wish it would have been here 15 years ago.
18. Very, very insightful, thought-provoking, and useful. Cried my way through much of it, actually. Wish I'd had it earlier. I have really acquired a new orientation on how I want to proceed with my soon to be ex-wife.
19. At first I didn't believe this was necessary but then I started. It was hard for me growing up in a broken family, and I don't want that for my little girl. I wish my parents could have used this website. It might have helped me grow up easier.
20. It is a fantastic website that I think ALL divorcing parents should visit. It really puts everything into perspective and reminded me who is really important through this process.
21. Utterly in awe. I've taken court-ordered co-parenting classes, and the information and focus here has reached a place in me that is hard to explain.
22. A great, wonderful, eye-opening experience. Thank you so much for helping me find myself again and helping me be a better parent to my son. How stupid I feel now to have let this bitterness go this far. Words cannot describe how this website has changed the way I feel about life and myself.
23. ABSOLUTELY A PHENOMENAL TOOL! Children are the only truly defenseless ones in a divorce, and this website is a great tool to help protect them.
24. Great combination of exercises, checklists/commitments, video/audio tracks, and attachments to read and save!
25. This is a thorough website that really helps parents put themselves in their children's shoes. I am a teacher and will recommend this site to my students' parents as needed.
26. The material in the Parent section is great—I consider it a gift for the parents and for the children.
27. Fantastic! When you are in such pain, it is hard to remain focused on the fact that your children should be your primary concern. This website helped me to get my children back into the primary place they should occupy and give my anger a backseat.
28. It made me very aware of MY responsibilities toward our children. Given the interactions between my husband and myself recently, the encouragement that "I will act as an adult no matter how I am treated" was quite empowering.

C. Some advantages of UpToParents.org

1. **An open-platform availability with no cost to parents or courts.** Two powerful advantages follow from this free availability of these sites. First, parents have unlimited, around-the-clock, and permanent access to the extensive content on *UpToParents*. They can view— at any time and as often as they like—dozens of excellent videos and articles. Additionally, parents can, and often do, invite their co-parents, the children’s grandparents, and other close friends and families to view these materials to elicit their support for better family functioning.

Second, this free resource avoids the imposition of a number of financial costs and other burdens on families and courts themselves. Fees for other programs can be as high as \$30-60 per parent (or \$60-120 per family). Not only are courts burdened with consideration of waiver petitions, but family and court resources become less available for other useful programming such as parallel live classes and mediation.

2. **Availability in both English and Spanish, with instantaneous translation between the two.**
3. **Separate curricula for parents in three distinct circumstances: divorce cases, paternity cases, and cases where spouses are open to possible reconciliation.** All three curricula are available in both English and Spanish, with one-of-a-kind instant translation between languages.
4. **Unequaled engagement of parents through such strategies as (a) personalized use of children’s names and circumstances, (b) 15 instances of feedback specifically tailored to each parent’s actual responses, and (c) unequaled video, audio, and interactive content.** The narrow curricula in other programs are far surpassed here by an inspiring look at (i) one’s own children’s losses and the dangers to them from parent conflict and (ii) how responding to those children’s needs can be parents’ best way of serving their own interests as well.
5. **A process of self-education and personal restoration.** This relationship- and skills-based curriculum shines a bright light on matters that most parents care deeply about but that can quickly become invisible in the painful processes of separation and divorce. These include children’s huge losses, pain, and risk factors from parent conflict as well as specific ways that parents can immediately respond appropriately for the sake of children and parents alike.

6. **Powerful written exercises specific to the children and family involved.**
7. **Accommodation of different learning styles, levels of language skills, and family circumstances.** *UpToParents* is the only online resource offering a “layering” curriculum that allows parents to learn according to their particular learning styles, whether that be by written pages, videos, interactive articles, or journaling.
8. **Voices of actual children and parents in professionally produced videos.**
9. **A singularly complete curriculum with over twice the subject matter of other programs, all made possible by the personalized and interactive presentation that holds parents’ interest.**
10. **Over a decade of testing and improvement with over 100,000 parents in educative and mediation settings.**
11. **A merging function that blends parents’ work into a set of “Agreed Commitments,” a clarifying picture of co-parents’ common interests and goals.**
12. **Complete freedom from the commercial links in other programs that can create both distraction and resentment.**
13. **Superior testing, upkeep, and improvement.**
14. **Unparalleled support for courts, other professionals, and parents.**

D. Sample referral rule from courts

In order that parents in marital dissolution (divorce) and paternity cases have the best opportunity to protect themselves and their children, the court orders as follows.

- (1) Whenever parents in a dissolution of marriage case (divorce) or paternity case have one or more children under age 18, they must complete the work on UpToParents.org and file with the court their Certificate of Completion. Certificates of Completion must be filed:
 - a. In dissolution (divorce cases) within 21 days of the filing of a petition for dissolution;
 - b. In paternity cases within 21 days of the court's finding of paternity.
- (2) The "Certificate of Completion" must be attached as an exhibit to a pleading entitled, "Certificate of Completion of [parent's name] from UpToParents.org" and reading in substance, "Attached is a copy of the Certificate of Completion showing that on [date] [name of parent] completed the Commitments work on UpToParents.org." Blank forms of this pleading are available in [identify office].

[An alternative where parents are sent to a class and completion of the website work is confirmed there]:

- (1) Whenever parents in a dissolution of marriage case (divorce) or paternity case have one or more children under the age of 18, they must attend the "Parents as Partners" class. The deadline for that attendance is:
 - a. In a dissolution of marriage case (divorce) within 30 days of the filing of a petition for dissolution of marriage, and
 - b. In a paternity case, within 30 days of the finding of paternity.

Parents must call the office of the "Parents as Partners" class at 202-555-8181 sufficiently in advance to arrange to attend the class.

- (2) As preparation for that class, parents must complete the work on UpToParents.org and take to the class copies of their Commitments, Exercise Responses, and Certificate of Conclusion available from links on the Conclusion page that will appear when the website is complete. Parents must bring these copied materials to their class to receive confirmation of attendance and credit for completion of the class requirement.

E. Sample referral notice from co-parenting educators

***Special Notice to Parents Referred to a
“Parenting as Partners” Class in Morguson
County***

Here’s an important *head start* for your upcoming “Parenting as Partners” class.

Do the work on www.UpToParents.org. You may choose either the English or Spanish version from the drop-down box on the homepage. Once you finish, print out your completed work (including the Commitments you chose and your Exercise responses) from the Conclusion Page and take it to your class.

This website work is required by the Court, *and* it will help you understand some of what will be discussed at your class.

The website also has interesting videos and interactive articles that can help you.

If you don’t have Internet access, you can use any public library branch or the computer of a friend or family member. Get started soon on the website work, as it can take between 1-3 hours to complete.

Remember to take your finished website work (Commitments and Exercise Responses) to your class.

Thank you.

Howard Grossman, Ph.D.