



Co-Parenting for Resilience

Evaluation Results 2024



EXTENSION

In 2024, 4,411 parents attended the Co-Parenting for Resilience education provided by the Oklahoma Cooperative Extension Service across the state of Oklahoma. 3,420 parents completed the course online, while 991 parents attended in person. Of the total 4,411 parents, 177 completed the course in Spanish.

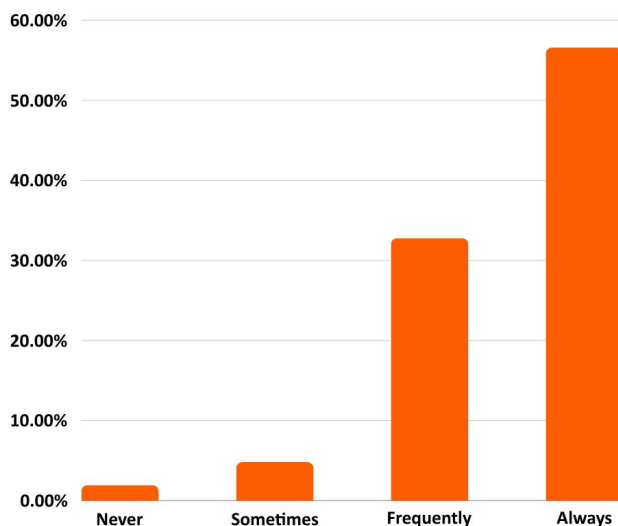
Evaluation data shows the program has been successful in motivating divorcing parents to change their behaviors that are harmful to children. After completing the class, parents committed to work together more cooperatively with their co-parent, decrease their negative behaviors, and implement positive parenting practices with their children.

Overall, parents were extremely satisfied with the program and reported the class taught them to be a more effective parent during and after the divorce. A majority of participants would recommend the program to a friend.

Behavioral Intention: Working Cooperatively with Co-Parent

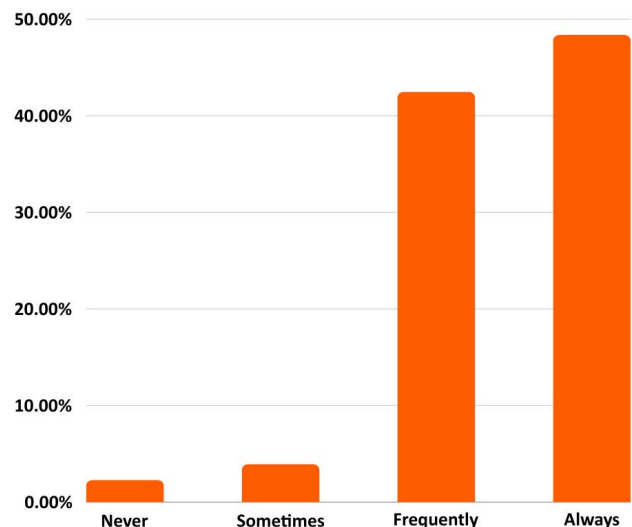
How do you intend to implement what you learned?

Before important decisions regarding our child are made, my co-parent and I plan to discuss the issue and come to an agreement.



40.55% of parents increased their intent to "plan to discuss the issue and come to an agreement"

I intend to treat my child's other parent like a valued member of a team.



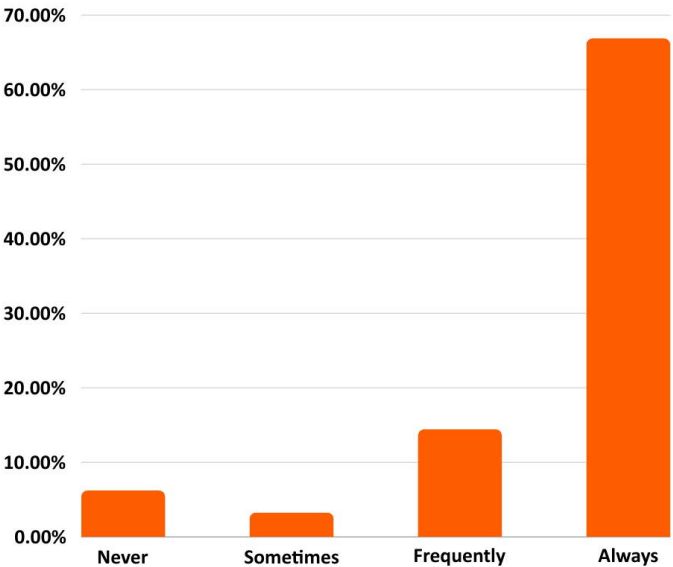
47.63% of parents increased their intent to "treat their child's other parent like a value member of a team"

Results show parents intend to work more cooperatively with their co-parent, for the well-being of their children.

Behavioral Intention: Positive Parenting Practices

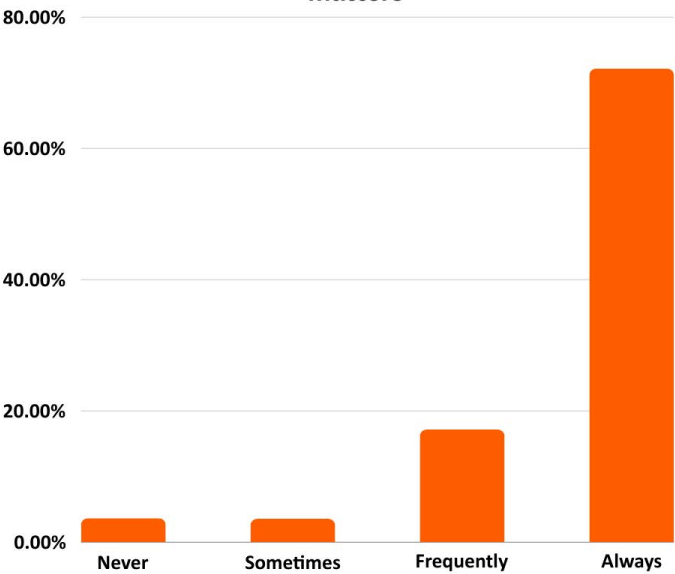
How helpful was the program in reminding you to keep your children out of the middle of adult matters?

I plan to only discuss child support or other money matters with my co-parent when my child is not present.



22.36% of parents increased in their intent to "only discuss child support or other money matters with their co-parent when their child is not present"

I plan to communicate directly with my co-parent about things so that I don't have to involve my child in such matters



47.63% of parents increased their intent to "treat their child's other parent like a valued member of a team"

Results show parents intend to follow positive parenting practices with their children through the divorce.

Within and Between Group

To assess for change within individuals a series of paired-samples t-tests compared Co-Parenting for Resilience participant reports on hope, stress, effective co-parenting, and child positive adjustment from baseline to 12-month follow up.

	Within Group					Between Group				
	t	df	p	Mean Difference	d	F	df	p	Mean Difference	d
Hope	2.00	131	<.05	−0.80	0.17	67.70	1,322	<.001	5.95	1.06
Perceived Stress	−2.90	131	<.05	−1.47	−0.25	34.86	1,322	<.001	−4.85	0.77
Child Adjustment	7.55	131	<.001	5.73	0.66	22.58	1,322	<.001	5.14	0.70
Collaborative Co-Parenting	−0.13	131	.90	−.07	0.01	40.77	1,322	<.001	2.16	0.70
Conflictual Co-Parenting	−2.29	131	<.05	.82	0.22	6.42	1,322	<.05	−1.01	0.41

Cox, R. B., Brosi, M., Spencer, T., & Katey, M. (2021). Hope, Stress, and Post-Divorce Child Adjustment: Development and Evaluation of the Co-Parenting for Resilience Program. *Journal of Divorce and Remarriage*, 62(2).

Major Impacts of the Class

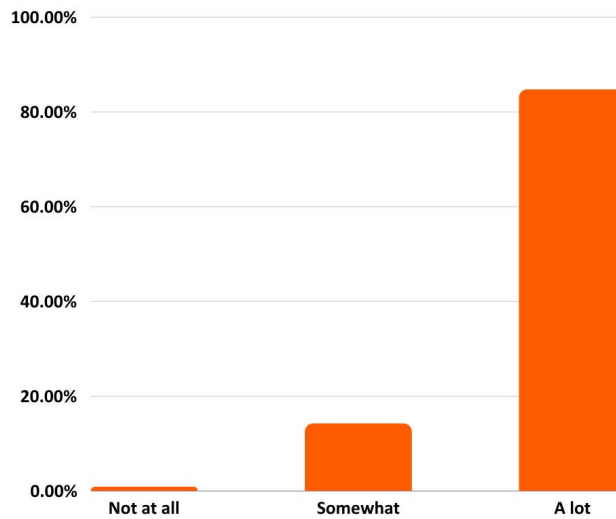
What parts of the class did you find most useful/helpful as you move forward in your co-parenting relationship?

Program areas/topics mentioned most often by participants:

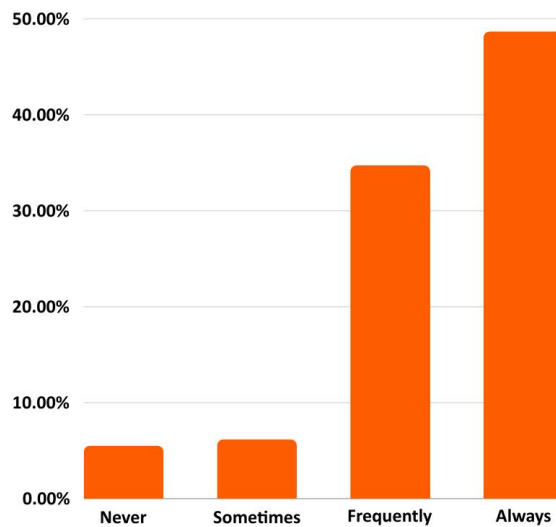
- Understanding the emotional impact of the divorce on my child
- How to help my child adjust to the divorce
- Importance of keeping children out of the middle
- Parenting styles
- How to interact and communicate with my co-parent
- The video of the children showing how divorce impacts them
- Importance of creating a detailed co-parenting plan
- Mediation information

Overall Participant Satisfaction

Did you find the information presented in class to be useful?



I intend to develop a detailed co-parenting plan that my co-parent and I will follow.



For more information about the Co-Parenting for Resilience program, contact:

coparenting@okstate.edu

or

Your Local County Extension Office

