



CO-PARENTING PROGRAMS

SEE MORE DETAILS IN COMPANION CO-PARENTING PROGRAMS BRIEF.

There is need for programs to equip teen parents with the skills to effectively co-parent outside the context of a romantic relationship.



- Teen parent program providers working with young parents can offer resources to help them overcome challenges and develop healthy co-parenting partnerships that allows the entire family to thrive.
- According to the National Resource Center for Health Marriage and Families, support from the other parent and from the parents of the young mother are found to be among the most influential predictors of maternal functioning which, in turn, impacts child wellbeing.

Co-Parenting Programs



Co-parenting programs and resources should be culturally relevant, considering different cultural norms and expectations about raising children, the role of extended family (two-generation), and expectations about combining employment outside the home and child-rearing.

Strong Foundations is a teen-specific co-parenting curriculum, adapted from Family Foundations, which is an evidence-based program designed to enhance co-parenting support among first-time adult parents.

Programming elements



Programming offers role playing activities and places a specific emphasis on developing good communication skills, problem solving, and relaxation techniques to diffuse conflict and promote positive interactions between the parents.

Providers who are interested in adopting strategies can access the Strong Foundations curriculum (contact information below) or by making adaptations to other existing evidence-based programming to better suit the needs and perspectives and teen parents.

Technical Assistance - Healthy Teen Network



Training and technical assistance is available through the Healthy Teen Network to help providers support co-parenting efforts and engage young fathers in programming. More information can be accessed [here](#).

Co-Parenting Education and Colorado Courts



Parenting classes are generally required for most individuals involved in divorce proceedings or actions to determine parenting responsibilities, but they are not developed with teen parents in mind.

Parenting After Divorce, a provider of co-parenting education in Colorado, provides relevant curriculum to teen parents involved in divorce or APR (allocation of parental responsibilities) proceedings, but it is not specifically designed for teen parents. It is believed that not any court-mandated programs in Colorado incorporate targeted teen parent programming.

