



PEI Positive Parenting from Two Homes (PP2H)

Temporary Online Program

**Prince Edward Island Department of Justice and Public Safety
Family Law Section**

**in collaboration with
Nova Scotia Family Law Parent Information Program (PIP)
of the Department of Justice of Nova Scotia. Used with permission.**

TEMPORARY ONLINE PROGRAM - QUESTIONNAIRE

INTRODUCTION

To adhere to the precautionary recommendations regarding COVID-19 set out by the Chief Public Health Office, regular PP2H programming has been postponed until it is safe to resume.

In the meantime, this temporary online program will enable you to receive a certificate verifying you have completed the PEI PP2H program.

Please read carefully, and follow the instructions below.

INSTRUCTIONS

Complete the [Nova Scotia Parent Information Program](#). Begin with the introduction and follow all slides through to the end.

As you move through the Nova Scotia program, complete the questionnaire below.

DO NOT click on the “I have completed this session” which appears on the last slide the Nova Scotia program. *Instead, submit your completed questionnaire to the PEI Family Law Parent Education Coordinator Jamie MacSwain to obtain your certificate (see details below).*

The program and completion of the questionnaire may take up to six hours to complete. You can proceed at your own pace and according to your own schedule. You can return to any point of the Nova Scotia program at any time. *Be sure to make note of where you pause in the program as the Nova Scotia online program will not remember for you.*

When you have completed the program and the questions, submit the questionnaire to Jamie MacSwain jamacswain@gov.pe.ca. If you are more comfortable providing answers verbally by phone, please contact Jamie to schedule a time.

When you have answered the questions satisfactorily, you will be emailed a certificate verifying you have completed the PEI Positive Parenting from Two Homes Program (PP2H). If you have any questions about the program, please contact Jamie MacSwain at jamacswain@gov.pe.ca or 902-368-4333.

IMPORTANT NOTE: *not all services and legal terms in the Nova Scotia program apply to PEI.* For PEI Family Law information, please refer to the **PP2H Handout** here and **Community Legal Information PEI** [here](#).

PEI Positive Parenting from Two Homes (PP2H) Questionnaire

If you are printing or writing please do so clearly!

Name:

Address:

Phone:

Ages of Child/Children:

Date:

Introduction

A. List four stressful events that can impact a child and how you can avoid these events.

1.

2.

3.

4.

B. How can you protect your child from conflict? Please mark all that apply with an 'X'.

- Provide details about the separation and divorce to help them understand why the separation and divorce was necessary.
- Keep conflict away from children's eyes and ears.
- Get the children to relay messages to the co-parent to reduce the chance of arguing with the co-parent.
- Listen and pay attention to your child, and provide consistent support.
- Actively parent by being aware of and involved in your children's lives
- Support and encourage the children's relationship with the other parent

Conflict

- C. List four ways to protect a child caught in the middle of parental conflict *and* how you could prevent this from happening.

1.

2.

3.

4.

- D. List four examples of children's reaction to conflict

1.

2.

3.

4.

- E. Provide three examples of why children tell parents what they want to hear and how to avoid this or how you could appropriately respond.

1.

2.

3.

F. Which two strategies outlined in the [‘Cheat Sheet’: Key Strategies for Reducing Conflict’](#) located in the resources section do you think are most important in your situation?

1.

2.

G. Please provide one example of how you would use each of the two ‘Cheat Sheet’: Key Strategies for Reducing Conflict strategy you identified above.

1.

2.

H. Why is it important to shield children’s exposure to conflict?
Mark all that apply with an ‘X’.

- To avoid the child experiencing memory problems
- To reduce the child’s anxiety
- To avoid future health problems in the child
- To prove to the parent that you are the better parent and more able to effectively parent the child
- To prevent learning delays in the child
- To prevent future relationship problems in the child such as the ability to trust and be close to other
- To reduce the likelihood of addictions in the child

The Effects of Separation on Children

- I. This section (The Effects of Separation on Children) provides numerous ideas on how to best support your child(ren) during separation, divorce and/or parenting from two homes. Describe five strategies or ideas you plan on using, and give examples on how you plan on using them.

1.

2.

3.

4.

5.

Dispute Resolution

- J. When is it not a good idea to negotiate together?

- K. If you cannot negotiate together, what can you do instead?

Effective Communication

- L. Read "[Disengaging from a Past Relationship](#)" resource document and identify two strategies or ideas you can use in your situation.

1.
2.

- M. Intimate versus Business like relationships: List two examples of each type of relationship.

Intimate relationships

1.
2.

Business like relationships

1.
2.

- N. What three skills are required to be a good active listener?

1.
2.
3.

O. What is a benefit of using 'We' statements?

P. In your own words, give two examples on how you could use a 'We' statement.

1.

2.

Q. Watch the videos Emotions part 1 and part 2 located in the Dealing with Conflict section. List two positive things mom does differently in the second video.

1.

2.

R. Imagine that you phoned the co-parent and requested more time on your child's birthday so that your visiting parent (grandparent) would be able to participate in your child's birthday celebration. The co-parent refused and responded that the last time he/she requested a similar favor that you refused.

Referring to the ['Dealing with Difficult Conversations'](#) document located in the resources section, what phrase(s) could you use? What 'tips' would be most useful in this situation?

Dealing with Conflict

S. Watch the videos 'Emotions' Part 1 and Part 2 located in the 'Dealing with Conflict' section. List two positive things mom does differently in the second video.

1.

2.

T. Eight discussion tips are provided in this section of the course. Pick three tips and give an example for each one on how you could use them.

1.

2.

3.

U. List two things you could do to deal with your anger:

1.

2.

Parenting Arrangement

V. What would/ could you do if your child refuses to go to the co-parents home? You can refer to the [“When a Child Refuses to Go For a Visit”](#) resource sheet for suggestions.

W. Watch the videos ‘Impact’ Part 1 and Part 2 located in the Parenting Arrangements section. List two positive things dad does differently in the second video.

1.

2.

Summary

- X. Considering all of the information you've learned in this online parenting course, describe five strategies or ideas you plan on using, and give examples on how you plan on using them.



