



1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209
Phone 704-910-8381 | Fax 704-981-8282
www.findyourbase.com

Supporting Co-Parents as They Navigate Separation and/or Divorce

- 1) Some of the challenges experienced by children of divorce as a group are
 - a) Difficulty in school
 - b) Social problems
 - c) Promiscuity
 - d) Lower self esteem
 - e) All of the above
 - f) None of the above- the problems reported in this group are exaggerated.

- 2) As adults, which of these experiences are NOT reported by children of divorce
 - a) Commitment difficulties
 - b) Idealization of partners
 - c) Poorer communication skills
 - d) Reduced trust in relationships

- 3) Characteristics to support wellbeing in children with separated/divorced parents include
 - a) Good communication between parents
 - b) Low conflict
 - c) Geographically close
 - d) All of the above
 - e) 2 and 3 only

- 4) Parental involvement is best defined as
 - a) Time spent with child
 - b) Attendance at child's activities
 - c) Quality of parenting, involvement in activities and quality of the parent-child relationship
 - d) Control over decisions made for child

- 5) The two kinds of marriages that are common in divorce are
 - a) Openly conflictual and secretly unhappy
 - b) Openly conflictual and secretly violent
 - c) Duplicitous and disloyal
 - d) Threatening and blindsided

- 6) There is less impact on well-being in children when there has been a high likelihood of divorce which kids have anticipated.
 - a) True
 - b) False



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- 7) Which of the following is NOT a divorce type
- a) Amicable
 - b) Strained
 - c) Low-Conflict
 - d) High-Conflict
- 8) Some of the key elements to communicating with children about divorce include
- a) Only tell the kids when you are 100% sure of separation but prior to major changes
 - b) Tell kids together whenever possible
 - c) Agree on the content that will be shared
 - d) Have the conversation in a neutral location
 - e) All of the above
- 9) All of the following are DON'Ts about communication except
- a) Convincing the children that divorce is the right decision
 - b) Speaking negatively about the other parent
 - c) Validating the emotions of the children
 - d) Sharing circumstances that led to the divorce such as infidelity or other transgressions
 - e) Speaking for the other parent when they seem to be struggling
- 10) Divorce can often push children into more adult roles which can help propel their own emotional development.
- a) True
 - b) False
- 11) It is essential to define who the client is (relationship, family, individuals, children) prior to starting co-parenting work.
- a) True
 - b) False
- 12) The first priorities of co-parenting counseling include
- a) Minimizing conflict in front of the kids
 - b) Making parents demonstrate conflicts that brought the divorce in a healthy way
 - c) Minimize conflicts behind the scenes, especially over minor issues
 - d) 1 and 3 only
- 13) Control that can be gained by coparents include all of the following EXCEPT
- a) Control of responses to ex
 - b) Control of how ex parents the children
 - c) Control of access co-parent has to you
 - d) Control of what ex says about you to the children
 - e) Both 2 and 4