

FLE Project Research

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This family life education research project will be focused on the psychological and emotional traumas faced by children of divorced or separated parents. More specifically, on protentional measures these parents can take to aid their children through these strenuous times. This will be accomplished through the creation of an Instagram page with posts regarding healthy co-parenting techniques and the negative effects of poor co-parenting. The target audience of this page will be divorced or separated parents.

The Instagram page will be appropriate for the target audience of this group of parents as the average age for first time divorces in couples is thirty years old (Divorce Rate in America, 2023). 25–35-year-olds account for thirty percent of Instagram users (Lin, 2023). There are also notable percentages of adults getting divorced at later ages and utilizing Instagram. This indicates that the platform would be useful for reaching these age groups. Pages can also be tailored to include necessary information including posts including critical information and including links to prevalent websites, workshops, and other resources.

This page will largely be focused on contrasting the effects of negative and positive co-parenting techniques as well as how divorced or separated parents can practice healthy co-parenting techniques. Poor co-parenting or lack thereof is more likely to cause behavioral problems in children later in life (Choi, Parra, Jaing, 2019). Some of these issues in the child's behavior may include anxiety, depression, increased aggression, fear of abandonment, and delinquent behaviors in their children (*City University of New York (CUNY) CUNY Academic Works*). Posts will emphasize these negative effects in order to emphasize to parents the importance of proper co-parenting and inclusion of parents in the child's life. There will be posts on each of these effects individually as well as what co-parenting is and what is meant by poor

and good co-parenting, including, definitions of these psychological issues, information on signs of them, and resources to aid parents in helping their children. There will also be information on what may occur resulting from these issues. For example, an introductory post regarding poor co-parenting be some form of infographic containing some of its characteristics such as, poor communication, lack of trust, poor parental cooperation, and disagreement (Miralles, Godoy, Hidalgo, 2021). On the following slides, there would be information about how each of these negatively affects the child and in the description, a link to an informational video on how to avoid this.

Healthy co-parenting techniques and how they can be practiced by parents is an important part of this page as it will be of the most benefit to the child and parent. Healthy co-parenting can be described as each parent supporting the other's parenting techniques, healthy communication, minimal conflicts, as well as consistency between the two households (Mandarino, Kline Pruett, Fieldstone, 2016). Posts regarding healthy co-parenting will include options to programs aiding in the development of these skills which have been shown to be beneficial to parent-child relationships which, in turn, helps the child's adjustment to the parent's divorce (Sigal, Braver, Wolchik, Sandler, 2011). There will be posts with updated workshops, programs, and techniques which parents can use to form connections with their child without damaging their relationship with the other parent or creating feelings of mistrust between any parties involved. There will also be information on how these better techniques may aid the parents in their navigation of the divorce.

The contrast between healthy and unhealthy co-parenting techniques and the effects of each in these posts will be effective in influencing parents to learn and utilize the healthy techniques to most help their child. The readily available information and resources will also aid

in convincing parents to help their child in navigating the divorce in a healthy manner as help will be available from a single post or link, eliminating the need to think or search for help.

Through the education of parents of the side effects of poor coparenting and how successful coparenting may be beneficial to their children and techniques to achieve it, this Instagram page would be helpful in decreasing unhealthy parental relationships post-divorce or separation and its side effects on children involved.

References

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