



## RESOURCE GUIDE FOR PARENTS

**At Barkus Law, we are committed to helping you find the resources you need for your family. Below is a list of resources that may be helpful to you. Please note that we are not endorsing any of these providers, but merely providing information.**

### **Support Groups and Workshops-**

Divorce and separation are difficult enough, and you should not go through this process alone. Sometimes, even the most well meaning friends and family cannot understand what you are going through. Support groups are a great way to connect with others in similar situations to provide much needed emotional and other support.

- **Divorce Care**

Divorce recovery support group where you can find help and healing for the hurt of separation and divorce.

[www.divorcecare.org](http://www.divorcecare.org)

- **The Family Healing Center of Broward County**

Services include: psychotherapy (Individual, couples and family); divorce counseling; parenting and co-parenting counseling; and educational workshops.

[www.familyhealingbroward.com](http://www.familyhealingbroward.com)

- **Breakups and Divorce Support Group**

Online forum for those facing divorce.

<https://www.dailystrength.org/group/breakups-divorce>

- **The Florida Father's Rights Movement**

Support for father's in divorce and custody situations. Online forums and members available to speak with you.

<http://www.fl.tfrm.us/>

**Did you know: There are 100 divorces every hour in the United States?**



### **Parent Coordinators**

Co-parenting can be challenging even when you are together. Many people don't see eye to eye on how to raise their child, or they have trouble communicating with each other. Parent coordinators can be helpful in teaching you how to work together and communicate for your child's sake.

- Brad Zucker LHMC  
1881 NE 26th St, Suite 70  
Wilton Manors, Florida 33305  
[\(954\) 357-2678](tel:9543572678)
- Tammy Berman MS  
Florida Qualified Parenting Coordinator  
817 S. University Drive, Suite # 121  
Plantation, FL 33324  
(954) 839-0106

### **Co-Parenting Resources**

All parents who are divorced or in paternity cases, must take a 4 hour parenting course. These courses are offered in person or online. The following is a list of online parenting courses. Please check and make sure the Judge in your case approves your taking an online parenting course.

<http://www.floridacoparenting.com/>

<http://positiveparentingclassesforflorida.com/>

<http://www.floridaparenting.com/>





## Resources for first time parents





**Did you know: Motor vehicle crashes are the leading cause of injury to small children? And, 3 out of 4 car seats are installed improperly.**

**Infant and child CPR-** Accredited, licensed and insured in teaching infant and child CPR and Heimlich maneuver for choking.

<http://www.cprflorida.net/newparentinfantchildcpr.html>

**Car seats purchase and installation -** Teaches you the correct way to install car seats. You can also purchase car seats for discounted prices.

<https://www.baptistjax.com/patient-info/classes-and-events/car-seat-workshop>

USE THE APPROPRIATE SAFETY SEAT	
 <b>REAR-FACING SEATS</b> from birth until age 2, or until your child reaches the upper weight limit of their rear-facing convertible seat, which will be around 35 pounds.	
 <b>FORWARD-FACING SEATS</b> once your child reaches the upper weight or height limit of their rear-facing convertible seat. It is safest to keep your child in a forward-facing seat with a harness until they reach the maximum weight limit (40 - 65 pounds) or height restriction of their seat.	
 <b>BELT-POSITIONING BOOSTER SEATS</b> once a child outgrows the upper weight or height limit of their forward-facing harness. Children should use belt-positioning booster seats until they are at least 4'9" and are between 8 and 12 years of age.	
 <b>LAP &amp; SHOULDER BELTS</b> once the belt fits properly. All children under age 13 should ride in the back seat!	<b>INSTALL THE SAFETY SEAT CORRECTLY</b> Car seats are most effective when used properly. Make sure you read the installation instructions correctly. There are certified child safety seat technicians who can help. Contact 1-866-SEAT-CHECK for additional information.

To locate a certified car seat technician:

<http://safeseats4kids.aaa.com/car-seat-guide/>



Reading and other materials

# PARENTING

A SERIES OF CLUELESS AND UNPREDICTABLE  
MOMENTS  
BUILT ON A FOUNDATION OF POO, LAUGHTER,  
LOVE AND  
CLEANING FOOD OFF WALLS

**Facebook.com / Big Trouble in Little Nappies**

- Books for first time parents

[http://www.goodreads.com/list/show/7796.Must Reads for First Time Parents](http://www.goodreads.com/list/show/7796.Must_Reads_for_First_Time_Parents)

- Websites for first time parents

<http://redtri.com/bump-baby/best-websites-for-new-and-expecting-parents/>

- 10 mistakes new parents make by WebMD

<http://www.webmd.com/parenting/baby/features/10-mistakes-new-parents-make#1>