The logic model of the program is illustrated below. As shown, there are two components of the model. The first component specifies that the New Beginnings Program is designed to increase warmth of the parent-child relationship and effective discipline of the parent and to decrease children’s exposure to interparental conflict and that changing these factors will lead to decreases in children’s post-divorce adjustment problems (see figure 1 below). The second component of the model specifies the specific skills that are taught in the program to change each of the three factors targeted for change in the program (see Figure 2 below).

Figure 1
Figure 2

Risk and Protective Factors

- Warmth
  - Family fun time
  - One-on-one time
  - Catch 'em being good
  - Listening skills

- Effective Discipline
  - Set clear, consistent & appropriate expectations
  - Monitor misbehavior
  - Implement change plan
  - Use consequences consistently

Change Strategies

- Exposure to Interparental Conflict
  - Self talk
  - Anger Management
  - Adult Ears
  - Respectful Requests