

Sample 2009 Feedback about *UpToParents.org* and *ProudToParent.org*

Professional groups have noticed our foundation's websites www.UpToParents.org (for divorcing and divorced parents) and www.ProudToParent.org (for never-married parents). These have included the American Bar Association ("Attorney as Problem-Solver Award" in 2003) and the Association of Family and Conciliation Courts ("Irwin Cantor Innovative Program Award" in 2009).

More important than professional awards has been the public's reaction to the power of these resources. We've collected here a small sample of the verbatim parent feedback received in 2009. This feedback is intentionally unedited except to change children's names.

1. I want to let you know that I hope the site has as much impact on other people as it did with me. 12/9/09
2. I enjoyed remembering the commitments that I made when I became a parent. I know that sometimes we stray in the name of our children that we say we are trying to protect. It renewed my commitment to do the best by my children regardless of what I am faced with. 12/5/09
3. i didnt realize how my daughter was feeling until i read some of these things. 12/4/09
4. I love this website. It is truly a God given blessing. I can't speak for my wife, but as for me, I am going to handle this situation in a totally adult manner. The site is great. 11/20/09
5. I wish my ex-wife and I had done it long ago. I believe everything between us would have gone so, so much better. It helped immensely. More mediators should recommend this. 11/20/09
6. Excellent, A+. 11/7/09
7. I thought it was great and i will visit often to get reminders in order to best help my kids, soon to be ex, and myself. I'm a psychiatrist, and i will refer my clients to this source. 11/16/09
8. You have really shown me a way to look through my childrens eyes. 11/9/09
9. This was a life-changing website for me. I am a physician and my marriage of 17 years is ending. I firmly believe this website helped me prevent significant damage to my beautiful children. I will be forever grateful and will direct any of my patients, friends, etc to this site for help in divorce with children. I have already given the website to our family counselor (we have been in family counseling for the 3 years leading up to our divorce, and I and the children continue to see him at this time.) I will also reference this at our upcoming court date (our first). 11/6/09
10. Well, guys, I hate to say it, but we aren't going to be able to use any of the information you provided us in your wonderful session. The reason for that, however, is because the things you made us think and talk about got us thinking about ourselves and each other in a way that had long eluded us. We have decided, after two years of separation, that we still love each other very much, and that we ourselves, not just the children, are better off together than apart.

Now, we are aware that nothing is certain, and we may indeed part ways down the road at some point. However, your class had the unintended consequence (or at least I think it was unintended) of making us realize the things in each of us that made us love each other in the first place. I have moved out of my house, renting it to a co-worker, and we now all live together in my wife's home. Things are going quite well at this point, and while we know that there will always be challenges, we feel better than ever about our marriage and our future. Thank you. 11/6/09

11. The best web site. 10/28/09
12. Thank you so much. We were the first of our friends to get married, were considered by them (and myself) a model family, and are now the first to get divorced (against my will.) My family and friends all have so much anger and encourage me to 'punish' my husband in small ways, and my father has even pulled away from me in frustration at my willingness to be more accomodating to my husband. I have been feeling so confused and pulled in different directions, trying to express the anger that I "should" be feeling, but your site truly gave me the courage and direct instruction to get back on track for my children. I now believe that God sent me ahead of my friends in this journey to navigate the overwhleming feelings and come out a victorious parent and person so that they may have a resource when it happens to some of them. I am so grateful that someone took the time to create a site that offers so much gentle direction and hope. 10/28/09
13. amazing. this is the first website that, after reading it, i felt some hope for me as a single parent. 10/27/09
14. VERY good. The least judgmental, most child-centered and encouraging set of information I've seen, and I've worked as a pastor and therapist and educator for many years. Great work! 10/26/09
15. i loved this website...and will refer to it again...i will share this course with my divorced friends. 10/26/09
16. Initially I was unsure if I would like this, but it has turned out that I greatly appreciate the commitments and exercises because they force you to think in a different frame of mind. Which I believe is the point all together. Its about the child and not the conflict which is easily lost sight of. 10/26/09
17. I was super impressed! I wish all seperated or divorced parents could use this. 10/24/09
18. very helpful and thought provoking. gave me insight that i need to stop the win-lose competition attitude. i cried and i hugged my husband and told him i love him. i don't want to act hard and ugly any more. thats not productive and will destroy our daughters. we both love and cherish our two gifts. thanks. 10/19/09
19. I liked it! I like that you interviewed children and put their thoughts on this site. 10/18/09
20. Excellent, reminded me my child comes first, this should be handed out to parents at birth. 10/17/09
21. WOW! Very well thought out & user friendly. My daughter was born after her mom and I split up (never married) Ellie is now 10 years old and we have been in dispute for the duration. I wish I had found this sooner. 10-15-09

22. At first I didn't believe this was all necessary but then I started reading everything and got some good ideas on what I really need to do to keep my daughter happy when it comes to mine and daddy's relationship. It was hard for me growing up in a broken family and I don't want that for my little girl. It was very interesting and wish my parents could use this website. It might have helped me grow up easier. 10/12/09
23. Very thought provoking and challenging. God bless you and keep up the good work! 10/12/09
24. The website is so needed. I started to cry when I read the first commitment with my kids names in it...and I was a stay-at home mother for 11 out of 14 years...it just hit me and I am soooo grateful that I was able to be with my children full-time during these early years. Thank you for your kindness and helping us through these heart-wrenching times. I wish I could have seen it earlier. Now it is a mandatory part of the divorce process which is very good. 10/10/09
25. Divorce can often be a selfish trying time, and this website gives you a different outlook as to what your child may be going through. 10/6/09
26. Very insightful(personally) very informative (overall) and tough to look at the truth of my behavior toward my son. thank you for helping me see!!! 10/5/09
27. At first I was skeptical. I didn't need a Website of all things to tell me how to be a good parent. As I started this journey of Uptoparents.org, I cried through almost the entire process. It helped me. It helped me to know that I can be the bigger person, I don't have to argue with my Ex. 10/5/09
28. Very informative. really makes you think of their situation. i've been so overwhelmed over this divorce, i kind of lost track of their needs for comfort through this all. 10-4-09
29. Hopefully people will read and pay attention. It makes alot of good points. Every parent should do this. 9/27/09
30. Id like to say thank you and let you know that I've recommended your site to anyone who will listen, even a court appointed seminar speaker/counselor that I was ordered to attend. 9/21/09
31. It made me take a step back and think. I know I have learned from it. The video with the 3 girls brought tears to my eyes. I don't want our children ever to feel that way. 9/15/09
32. This was the best thing that i have ever done. I wish my son's father and i would have had to do this 14 years ago, so much hurt and pain could have possibly been avoided. 9/13/09
33. Very, very insightful, thought-provoking, and useful. Cried my way through much of it, actually. Wish I'd had it earlier. I have really acquired a new orientation on how I want to proceed with my soon to be ex-wife. 9/11/09
34. I thought it was a real eye-opener. There were times where I had tears rolling down my face because you made me realize what my children have been put through. I know the website will help me. I don't know about my co-parent, but if he sees an improvement in me hopefully there will be an improvement in him. 9/8/09
35. This was the best parenting site I have every been on! It was poignant without being preachy. 9/5/09

36. I think the website is very helpful and it focuses in many things that as adults we forget are in our children's minds. The parent corner is great I consider it as a gift for the parents and for the children. 8/26/09
37. Wow, it made me think about how much I was impacting my son even though he is small. It also put me in a place to rethink my decisions and make sure I was making the best choices for my future. Very easy to use. I like the fact that you can save and come back. There were times that it was hard to examine my relationship and the ability to take a break was appreciated. 8/21/09
38. I think it helped to solidify what I already knew and left no doubt about what would be the priorities for making sure the kids aren't hurt. 8/20/09
39. This website was very informative and i got so much from it that i printed a copy for my ex-husband so he'd be prepared when he read it himself 8/19/09
40. It is very encouraging; it should be made a part of any Divorce program 8/18/09
41. I loved it - absolutely loved it!! I am so thrilled and proud of my local court that they have mandated this website. I only wish it would have been here 15 years ago. Thank you so much!! I plan to share all aspects of this info with others. 8/15/09
42. It opened my eyes to a better way. 8/14/09
43. Very Helpful! My daughter's Mom and I have not had many problems over the past nine years, but when they surface they tend to degrade into competitiveness. The website has made me rethink of Mom's good qualities and provided an outlet for me and a better way to approach her on difficult issues. 8/13/09
44. I love it. Each of us going through anything like this knows deep down all of the things you point out, however, we all need to be reminded from time to time. I have tried to follow these examples of putting the children's needs first. 8/11/09
45. I love this website. It has helped my wife and i so much. I just want to say thank you. 8/9/09
46. I thought it was awesome, useful and user friendly. 8/8/09
47. I thought it was wonderful. I believe in putting the kids first and was a child of an angry divorce. The laws and court system has moved in a direction that I find most productive, and protective. It gave me more courage and conviction which I need right now. 8/6/09
48. I was pleased and feel it was a start of my healing process to become more aware of my childrens needs right now. It is more painful than I ever thought to go through this divorce. I can't imagine how my boys feel. 8/1/09
49. Very Impressed! Thanks. 7/30/09
50. Wow!!! These are things that you don't realize are happening. I thank you for opening my eyes... I will be sharing it with anyone that is divorcing and will listen. 7/27/09
51. Great, helpfull. I know it will help me and it already has. 7/24/09
52. It is a fantastic website that I think ALL divorcing parents should visit. It really puts everything into perspective and reminded me who is really important through this process. It helped me and I believe that it will help my co-parent and me relate and cooperate. 7/21/09

53. Loved the easy to use and understandable concept of the site. The information and personal touches (i.e., using David's name). Having the comments and answers from other parents and children. This really made this program hit home and understand that i have to do better for my son. Thank you for this, it really has started a new way of thinking for me. 7/20/09
54. One word - FANTASTIC! Easy to navigate and a plethora of information. Thank you for being child advocates - the world needs more people like you. It was a requirement from the court prior to finalization of my divorce. I wasn't looking forward to it at first - however - I have been proven wrong! This was one of the best sessions I have ever seen!! I know it helped me. 7/17/09
55. Great! It will help me relate without caring what the co-parent is doing, if he is a jerk, i dont have to be, i can be the bigger parent. [Our sons] are the most important things in my life. 7/16/09
56. It's simple things that make a lot of sense...but it's like I just needed to be reminded of everything. 7/16/09
57. Excellent. Helped me to focus on what was really important. Will help keep me focused on what is truly important. 7/14/09
58. Great website...good for anyone wanting to improve their parenting relationship with their partner whether they are divorcing or staying together. 7/12/09
59. Utterly in awe. I've taken court-ordered co-parenting classes and the information and focus here has reached a place in me that is hard to explain. 7/11/09
60. This website helped to redirect my focus from a bad marriage to the kids. It gave me self awareness so, I can correct my flaws. I believe that this website has already made a difference in the way we relate to each other for the better. Before, I was focused on revenge and this website helps me to learn that no one wins in divorce. 7/10/09
61. This is a thorough website that really helps parents put themselves in their child(ren)'s shoes. I wish I would have read this information years ago. I am a teacher and will recommend this site to my students parents as needed. 7/3/09
62. I think it was a great website. I think this site should be mandatory in all Divorces Cases before any divorce is put into place. 7/1/09
63. User friendly and very helpful. I found that I am doing some things well and there are others that I definitely need to work on. This was not a requirement when I went through my divorce in 2006. I wish it had been. I would have done some things differently and I hope that my exhusband would have too. 6/30/09
64. your website is a wonderful place to help parents like myself learn about the pain that children go through in divorces...but show us how to change circumstances to help them grow up and still be ok and be the kids they need to be. 6/28/09
65. I was very pleased and appreciated all the things you brought up that I never really thought about. It truly opened my eyes to a lot of issues. Everything was great. I want to write a letter to my soon to be ex describing the issues this site brought up and how I want us to work together in raising our son to be both mentally and physically healthy. 6/26/09

66. I loved it. I cried and I laughed through the whole thing. Sometimes in the mist of a painful divorce you forget why you had children together and why you were together. It was so helpful to write the things I love not only in my children but my husband as well. All the different quotes helped me realize that life does go on and how we start our day is how are children are going to start theirs. 6/25/09
67. I was deeply surprised how much emotion was evoked as I was going through this program. It helped me to break away from the anger and defensiveness and relate to what my children were feeling. I was heartbroken. I was also surprised how I sobbed when trying to write good memories about my ex-husband. This program helped me more than I can say at a time when I really needed it. It reminded me of things I knew but had gotten lost, and gave me the drive to get back on track. 6/21/09
68. It was wonderful. Informative. Very supportive of children without making parents feel scolded. The wording made me feel you with me every step of the way!. I have already recommended you to three people. Including my divorce lawyer. 6/12/09
69. A great, wonderful, eye-opening experience. Thank you both so very much for helping me find myself again and helping me be a better mother to my son. Thank God for people like both of you. I truly mean that. I actually am in a custody case for my son and this website was ordered for my ex-husband and I to complete. How stupid I feel now to have let this bitterness go this far. Words can not describe how this website has changed the way I feel about life and myself. 6/10/09
70. It was wonderful, very helpful in helping me reorganize my priorities. 6/4/09
71. I think is great, I learned a lot in this process. It made a lot of things more clear and with good motivational to do things better, as well as good ideas of how to do it. 5/26/09
72. This website was easy to navigate and offered poignant information. It made me think to assure myself that I was taking each of the commitments seriously before I checked it off. 5/25/09
73. i think it is very helpful and i know i won't remember everything and will have to go back to it often. i cried through half this. It took this website to see how bad of a parent i was. my co parent will relate well to this and between us we'll be better for our children. 5/25/09
74. Excellent. Wish this were around 39 years ago when my parents got divorced. I would like to recommend it to all my divorced friends and a few of my priest friends!! 5/20/09
75. Excellent and though provoking. A great tool for parents. 5/19/09
76. Wonderful site! It was beautiful and inspirational - a great way to put into words what many parents certainly feel in their hearts. Thank you! 5/16/09
77. Very informative. It really makes me think of how children respond in life to situations like these. The things that were discussed actually, made me think in a different way about how to confront my children when I see them. 5/15/09
78. It was enlightening and made me think of how Tommy would be affected by everything we say and our reactions. 5/13/09

79. I have really enjoyed taking this! It has helped me put alot of things into perspective when it comes to my son! 5/5/09
80. Very good, very real, very revealing. Site is well laid out and easy to navigate. Well done. I thought you broached all the pertinent areas, issues, and feelings that can occur during these times. 4/21/09
81. I thought it was very educational and helpful. I relly liked all the quotes in each section. I think it will help a ton. A lot of great suggestions and words to live by. 4/14/09
82. Exellent. The links were placed in appropriate spots as I could click on them as I went through the committment process. It all flowed smoothly. The 9 Myths were eye openers for me. It totally made me aware that I needed to change and improve my communication with my ex. I already noticed an improvement in communication so that we will settle things between us before we meet with attorneys or in the court room. The 8 Hidden Keys are tools our remember for life, especially the Child Safely Zone and sharing memeories. My focus has definitely shifted - I'm so glad I watched this now as we are just at the beginning stage of the divorce. I will continue to refer back. 4/9/09
83. Great website!!! I would highly recommend it to everyone, not just divorcing parents. 4/7/09
84. ABSOLUTELY A PHENOMENAL TOOL.! Children are the only truly defenseless one's in a divorce and this web site is a grate tool to help protect them!!! 3/30/09
85. The website is very informative. There were so many topics you would not think about. People are so busy arguing and disagreeing. The costs is the child's health. The videos were nice. Better than reading, helpful for someone to explain the myths and hidden keys. 3/30/09
86. Great combination of exercises, checklists/commitments, video/audio tracks, and attachments to read/save! 3/18/09
87. My ex-husband and I went through a very ammicable seperation/divorce...and we still found this very helpful...always keeping our daughter as the first priority...surrounded by love. 3/16/09
88. Such great information. I thoroughly enjoyed doing this. There just isn't enough information out there for parents and this was definately worth the time. I gained some helpful insight about my children and the affects that divorce can have. I will work harder at keeping them out of the adult zone and make sure they spend more time being children -- they deserve this. 3/14/09
89. Thank you! I am a non-married co-parent; however I am also a teacher. This was completed as part research, part growth. I am finding many parents in our situation though many in conflict. I am pleased that I have found an additional source for parents! Thank you for your efforts. And the fact that you are open to various situations, and embrace them rather than condemn them.. I hadn't realized either, that I use the phrases "your daddy," or "your father" often. It was something that my mother used to do and it drove me nuts...ironic isn't it? There are many things I vow to do differently and yet something that simple, that I hated, I do myself. Thanks for pointing that out! 3/12/09

90. It was very gentle and eye opening to how we can co-parent our son differently then how we are now. The greatest part weaved throughout the information, especially through video or taped interviews, of the effects on our son and how we can make a significant difference to his future right now by following the Child Safe Zone rules. The website also is going to help me in creating a better Parenting Plan that honours both parents roles and Robert's need to know that he stills has the benefits of us despite not living together anymore as husband and wife. 3/10/09
91. I think that this is a very positive and inspiring web site for all parents and even childcare providers. I just loved all of the quotes that were placed on display each part. 3/10/09
92. It makes you think about the children (even if you think that you already are) more and more. It put me in the proper mindset for attending our parenting class that was court ordered. That they are individual people that have to suffer the brunt of this. They didn't ask for it but the two of us can make things better for them by the way we treat each other and act around each other. They deserve that. The main difference that it has made for me is really thinking about Jake and Ella's time. There are more than enough hours during the week for the two of us to discuss issues. It doesn't have to be when we pick up or drop off the children. 2/10/09
93. My first impression was, how can they relate to my problems? But honestly every time I thought of something else their it was on the next commitment. You can really tell someone put a lot time and effort in it. I think it helped me be a better father. THANK YOU! 2/6/09
94. I liked how it was more personal by the site using Jason's name. The website help me realize the things we did and say to each is viewed through Jason's eyes. 1/24/09
95. Easy flowing, made one think instead of react without thinking. Before I went thru the website and excercises I was thinking thru pain and anger the website helped me realize how destructive I was being not only to myself but to my family. 1/18/09
96. I love the website. It is very helpful. I'm an attorney and I'm going to recommend that all of my divorce clients go the website. 1/14/09
97. Love it, gave me a whole new perspective on who we should be concentrating and focusing on. 1/13/09
98. I think it makes each parent see the impending divorce thru the eyes of their children. And perhaps think of things they do and say in front of their children and hopefully each parent can take a more active role in living the role as a better parent for their childrens sake. It actually made me laugh, thinking of good memories we have shared. It seems like you totally don't focus or remember those things during this time of pain. 1/6/09
99. This is so eye-opening!! Thanks so much for your insight!!! 1/3/09
100. Fantastic! When you are in such pain, it is hard to remain focused on the fact that your children should be your primary concern. This website helped me to get my children back into the primary place they should occupy and give my anger a backseat. 1/1/09