

# The number one wish Mediators hear from children:

- For their parents to get back together

OR

- At least for their parents to get along



# Co-Parenting Mistakes to Avoid

- Negatively comparing the child to the other parent
- Criticizing the other parent or their loved ones to the child or to other people in your child's life
- Using your child to deliver messages to or spy on the other parent
- Pumping the child for information about the other parent
- Arguing in front of your child
- Punishing your child for wanting to spend time with or live with their other parent



# Co-Parenting Mistakes to Avoid



- Using your child to negotiate schedule changes with the other parent
- Making the child choose which parent to see
- Withholding visits to punish a parent
- Excluding the children from their family members, including half- and step-siblings, cousins, uncles, aunts, and grandparents
- Telling the children your adult feelings or problems and/or sharing details about the parents' relationship, break-up, or disputes
- Coming in and out of your child's life and forcing them to re-adjust

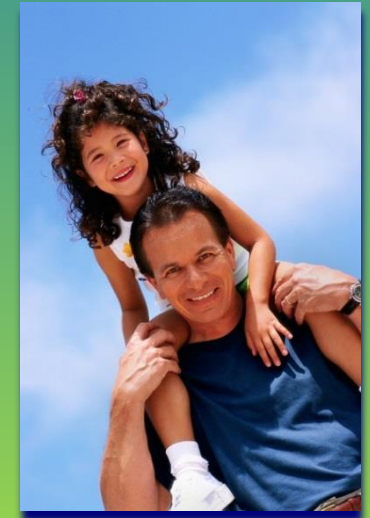
# What is Cooperative Co-parenting?

- \* Parents work together in raising their child in two homes and treat the other parent professionally, as business partners involved in an important job
- \* There is more consistency between homes
- \* There's more flexibility for kids and parents
- \* Major decisions are made together
- \* Transitions are usually smoother
- \* Parents are able to be involved in their child's life and are kept better informed
- \* Children enjoy having both parents at their events without tension or conflicts
- \* Parents are BFF's\* because communication is:
  - Brief (parents keep it short)
  - Friendly (parents keep it nice, professional)
  - Focused (Chats are about the children and current concerns, *only*)



# Successful Co-parenting Communication:

- Promptly share information and details regarding the child's activities and events
- Communicate with specifics and in writing, only, if needed
- Give the other parent the benefit of the doubt; ask questions about concerning situations or information



- Listen without interruption
- Only talk about the children
- Imagine you are being taped and the kids will see it later