



HEALTHY
RELATIONSHIPS
INITIATIVE

Toolkit for Divorcing with Dignity
Conversation Starters #6: Co-parenting after divorce

Co-parenting after a split can be tough, especially if you have a controversial relationship with your ex-partner. You may have concerns about your partner's parenting abilities, stressed about financial issues, or trying to navigate being a single parent. However, co-parenting with your ex can give your children stability, security, and a close relationship with both parents. Below are some prompts to consider while trying to overcome co-parenting challenges:

- 1) How can we continue to make our children feel secure and confident that we both love them as they adjust to new living situations?
- 2) What rules, discipline, and rewards can we both decide on so the children have consistency through this transition?
- 3) How can we improve our relationship as parents and continue to work together? See (TIP SHEET CO-PARENTING) for additional information.
- 4) What are our strengths as parents? Our weaknesses?
- 5) How can we use this information to maintain a healthy relationship?