



Toolkit for Divorcing with Dignity

Tip Sheet #2: Co-parenting

Co-parenting can be a challenging aspect to work through after your divorce is finalized and custody arrangements have been made. Here are several tips to try to work through co-parenting on your own before seeking outside help:

- **Determine how the communication with your ex-spouse will take place.** Will you meet in person, schedule a phone call, use a video chat, or some other method like email or texting? Plan the specifics of how, when, and where you will communicate.
- **Keep a respectful, business-like tone.** While this can certainly be a challenge, this can make the interaction go more smoothly. Keep in mind that emails or text messages may contribute to misunderstanding or misreading of tone or intention of the message. If that has been a problem for you and your ex-spouse in the past, perhaps consider an alternative form of communication.
- **Set boundaries on the topic of conversation.** When possible, limit the conversation to items that pertain directly to your child or children. This can be difficult if legal proceedings are still in process or if your divorce is not finalized. However, in terms of co-parenting, try to have a narrow focus and goal in mind for your conversations and arrange another time if possible to discuss the other miscellaneous topics.

Some individuals choose to use the help of a parenting coordinator to help facilitate their co-parenting decisions. If you think you might benefit from this, consider exploring <http://guilfordpcs.webs.com/whoweare.htm> to research several different parenting coordinators.