

# Keys to Mindful Co-parenting

PUT YOUR CHILD FIRST. Be committed to your children's needs as a priority. Do everything possible to protect your children from co-parenting conflicts.

LET THE PAST GO. Your past holding onto grievances hurts your child. If you are having problems, be responsible work on letting the past go, perhaps with a counselor or therapist. Also, stay in the present and learn to let go of minor issues. Focus on the well-being of your child and the well-being of your co-parenting.

COMMUNICATE EFFECTIVELY. This Co-Parenting program gives you tips and tools to help you co-parent effectively, communicate calmly, and listen to the other parent with respect. Be polite and not demeaning of your co-parent.

HONORING AGREEMENTS. Once you have a co-parenting agreement, honor it. You will give stability for your child, a consistency to build trust between the other co-parent and your child. Honoring agreements builds respect and appreciation from both your co-parent and your child.

INSTITUTE BOUNDARIES. Respect each other's privacy. It is not appropriate to discuss personal issues. Honoring a co-parenting agreement and launching effective communication skills and boundaries is detrimental to productive co-parenting.

MINDFUL PARENTING AND CO-PARENTING. Stay in the present. Find support to manage your emotions. Think of yourself as a company with a very important job to raise your child, stay mindful.

## What is Mindfulness & Co-parenting?

**Mindfulness:** The quality or state of being conscious or aware of something. A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. *Being mindful* means paying close attention to or *being* especially conscious of something.

**Co-parenting:** Co-parenting refers to a parenting situation where adults share the duties of parenting a child. Co-parents may include a variety of configurations, including a mother and a father, two mothers, two fathers, a parent with an adult sibling or grandparent, or a parent and another adult relative.