

# What Does Healthy Co-parenting Look Like?

Co-parenting relationships take a lot of work. Sadly, divorce or separation or other family hardships can bring out the worst in you. The biggest challenge to successful co-parenting is your emotions like anger, resentment, jealousy, and holding onto grudges. However, your children still need their mother *and* their father—whether they still live together or not. For most parents, there is serious room for improvement. Rather than focusing on what's not working, identify what is going well. Accentuate the positive with your ex.

The following are indicators **to get you thinking** about the state of your shared parenting. As you read them, consider if it applies to you.

- ✓ Agree, like issues about their children's health, discipline, education, and spiritual upbringing
- ✓ Mistakes Do Not Hinder Cooperative Co-Parenting Efforts
- ✓ Clear Boundaries
- ✓ Planned Schedules
- ✓ Flexible
- ✓ Polite Communication
- ✓ Adult Responsibilities Are Kept Between Parents
- ✓ Respectful
- ✓ Yield to one another for Childcare
- ✓ Communication with Kids at The Center
- ✓ No Control, No Manipulation to Get What You Want
- ✓ Both Attend Events without Tension
- ✓ You Understand Each Other as Important Influences in Your Kids' Lives
- ✓ Still A "Family" Mindset

Your Children Think You Are Getting Along

**It is not about you...it is about your kids.**

Creating a collaborative, co-parenting family environment gives your children the opportunity of being emotionally healthy and resilient.