

A photograph of two young girls standing in shallow water, laughing joyfully. They are wearing matching floral-patterned long-sleeved shirts and dark leggings. The background shows a calm body of water and distant, hazy hills. The entire image is framed by a thin white border.

10 co-parenting DO's vs DON'Ts

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Hello

Embarking on the co-parenting journey is a deeply personal and complex experience, filled with unique challenges and joys.

Recognizing this, I've crafted something special for you: my free guide, "10 Co-Parenting Dos and Don'ts." This guide is more than just a collection of tips; it's a heartfelt effort to support you and your co-parent through the real, lived experiences of shared parenting.

Whether you're just starting to navigate this path or looking for ways to smooth the journey, this guide is my way of standing with you, offering guidance and understanding every step of the way. Let's work together to make this journey less daunting and more fulfilling.

I am a Somatic Divorce & Dating Coach, Trauma Certified Licensed Therapist & I believe in the power of information and knowledge which is why I'm so passionate about the foundational work of boundaries.

With 15+ years of experience in the field of therapy, I've helped numerous people navigate divorce recovery. I believe in doing my own work to continue to develop new skills and tools through mentorships, training and therapy.



-Coco





10 co-parenting DO'S vs DON'Ts

A guide for navigating the journey of co-parenting with compassion, awareness and putting your children first

Do

Don't

Communicate Effectively

Establish clear, respectful communication channels. Use written methods like emails or co-parenting apps when verbal communication is challenging.

Use your children as messengers or discuss adult issues with them.

Maintain Consistency and Routine

Collaborate to maintain similar routines and rules in both households.

Undermine the other parent's rules or create vastly different household environments.

Show Respect for Your Co-Parent

Speak respectfully about the other parent in front of the children.

Badmouth or criticize the other parent to your children.

Prioritize Your Children's Needs

Keep your children's needs and well-being as the top priority.

Let personal grievances impact parenting decisions.

Be Flexible and Cooperative

Show willingness to be flexible with schedules for the children's benefit.

Be rigid or uncooperative out of spite.

Keep an Open Mind

Be open to adjustments and learning from experiences as co-parents.

Cling to past conflicts or let them dictate the future of your co-parenting relationship.

Support Your Children's Relationship with the Other Parent

Encourage and support a healthy relationship between your children and their other parent.

Try to limit or control their interactions out of jealousy or bitterness.

Seek Professional Support When Needed

Consider counseling or coaching for yourself or your children if facing challenges

Ignore signs of stress or emotional difficulties in yourself or your children.

Establish Boundaries

Set clear personal boundaries to maintain a healthy co-parenting relationship.

Invade the other parent's privacy or overstep boundaries.

Practice Self-Care

Take care of your emotional and physical health to be the best parent you can be.

Neglect your well-being, as it directly impacts your ability to co-parent effectively.

What's *Next*

As we wrap up our journey through the "10 Co-Parenting Dos and Don'ts," I want to open the door to something even more profound: my "Blueprint for Divorce" course. Crafted from the heart, this course springs from the shared experiences of three people who've walked through the fire of divorce, myself included, as a therapist and divorce & dating coach.

It's not just advice; it's a 90-day journey of healing, understanding, and growth. Among its many facets, you'll find a section devoted entirely to parenting—a space where we dive deeper into nurturing the bond with your children during these times.

But parenting is just one piece of the puzzle. The "Blueprint for Divorce" is a comprehensive guide through the entire spectrum of navigating life post-divorce, designed to walk you through, step by step, with warmth, expertise, and understanding. Let's take this step forward together, toward healing and rediscovery.



A BLUEPRINT FOR DIVORCE

